

Appendix 2 [as supplied by authors]: Risk factors for depression as identified by a sampling of mental health sources

Risk factor	Mayo Clinic	Mood Disorders Society of Canada	Canadian Mental Health Association	Centre for Addiction and Mental Health	<i>A profile of clinical depression in Canada</i>¹
Family history of depression	Biological relative with depression	Family history	Family history	Family history	Family history
Gender-related life events	Being a woman	Being a woman Childbirth	Postpartum depression	Being a woman Postpartum and menopause	Being a woman Being an overweight woman
Trauma or abuse	Traumatic experiences as a child	Recent traumatic events			Childhood abuse
Other life events	Stressful life events		Distressing life events	Major life event	Major life events such as divorce
Social isolation	Few friends or family				
Mental health comorbidities	Previous depression	Past history	Previous depression or mental illness Chemical imbalance	Chemical imbalance	Other psychiatric disorders
Medical comorbidities	Serious illness	Chronic illness		Serious illness	Chronic health problems
	Low self esteem	Negative self thoughts	Pessimistic or negative world view		
Substance abuse	Substance misuse	Substance misuse	Family member with substance abuse issues		

Appendix to: Keshavarz H, Fitzpatrick-Lewis D, Streiner DL, et al. Screening for depression: a systematic review and meta-analysis. *CMAJ Open* 2013. DOI: 10.9778/cmajo.20130030.

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Medications	Taking certain medications (for hypertension, sleeping pills, other not specified)				
Immigration status		Surveys have found that immigrants have lower rates of depression than do Canadian born, but their health status erodes over time.			
Ethnic group		30% of Aboriginal people experience major depression			
Socio-economic status					Low socio-economic status

Reference

1. Patten SB, Juby H. *A profile of clinical depression in Canada*. Calgary (AB): Department of Community Health Sciences and Psychiatry, University of Calgary; 2008. Available: <http://hdl.handle.net/1880/46327> (accessed 2013 Apr. 18).