

## *Appendix 20 - Depression Risk Factors*

This assessment is to determine the level of potential risks depression may play in your life. Take notice that of the 10 risks below, the six highlighted below are common to those struggling with chronic pain. The purpose of this assessment is to provide you a quantifiable level of risk you have to depression and to graphically show the likelihood of specific risks of depression common to those with chronic pain.

A higher score **DOES NOT** indicate you ARE depressed. It simply means risk factors exist of which you should be aware.

<b>Depression Contributing Factors</b>	<b>Yes = 1 No = 0</b>
Pre-existing mental health condition	
Serious illness	
Sleep disorders	
Substance abuse and/or addiction (either personally or within the family)	
Trauma or grief	
Painful major life experience	
Gender (women are more than twice as likely as men to report symptoms of depression)	
Social isolation	
Low socioeconomic status	
Medications (certain prescribed or over-the-counter drugs can increase the likelihood of developing depression)	
Score	

Providing this information to a psychologist and psychiatrist could provide them with insights to achieve a treatment plan providing the greatest efficacy in the shortest possible time.

Remember, chronic pain can affect us in so many ways and present itself in the form of anxiety, grief, frustration, guilt, shame and more. **None of these are a sign of weakness, lack of self-control or willpower, or a sign of laziness.** They all share one common thread. These emotions are common for those struggling with chronic pain. Do not continue to struggle with any emotional challenges alone.