

Critical Analysis

John M. Grohol, Psy.D. is a pioneer in online mental health and psychology. Recognizing the educational and social potential of the Internet in 1995, Dr. Grohol has transformed the way people could access mental health and psychology resources online with his website www.psychcentral.com.

The main idea of this article is that there are multiple factors that may cause a person to suffer from clinical depression. The author explains how depression can be genetically transferred from generation to generation but that is not the only way depression is transferred. It has many other reasons more commonly in today's world which is stress at school, home or work, or just generally having a low self esteem. Furthermore, the author goes on to emphasize on the negative effects of further diseases a person affected by depression can be prone to.

The tone of this article is neutral as the author is only conveying information. The author does not write about his own personal opinion regarding the topic rather he uses theories and research to state the potential causes of clinical depression. For example the writer mentions the "bio-psycho-social model of causation" and research about, "the overlooked importance of the gut's micro biome" to convey his point.

The author organizes the article using cause and effect pattern and comparison and contrast. The former one being the dominant pattern. Throughout the passage the author talks about the causes and effects of clinical depression. For example the author writes, "may contribute to or even cause", indicating the cause and effect pattern. The author also compares and contrasts between some of the causes, terms and phrases such as "however" and "whether inherited or not" indicate this pattern.

The article is written in a formal style as the author has adapted a complex sentence structure as seen in this sentence "It is generally believed that all mental disorders — including clinical depression — are caused by a complex interaction and combination of biological, psychological, and social factors.". As well the author has made good use of punctuation marks such as a colon and hyphen.

The purpose of the author is to inform the reader about the causes of depression. The writer uses a theory (bio-psycho-social model of causation) and recent research to inform the user of the potential causes of clinical depression.

A positive point of the article is that through this article the author is able to highlight the fact that depression is one of those illnesses that can be medically treated, however the author does not state any effective solutions as to how it can be treated. The article eliminates misconception about depression only being a genetic illness. Moreover, the article sits well with the people of the 21st century as more people suffer from clinical depression now as compared to the previous century. The author, however, has not fully achieved his purpose as the true cause behind clinical depression still remains unclear after reading the article.

This topic is relevant for people of all ages. In today's world, depression is a common disease as compared to a few decades ago. In the old days, depression occurred from generation to generation mostly due to genetic disorders but in these recent times, it occurs mainly due to work stress at home or school and people having low self-esteem.

This article appeals to the audience who have friends and family suffering from depression and to those who are biologically, psychologically and socially affected. The author as a doctor explains the real facts of causes of depression and it is very important to give awareness about this growing problem.

The article is very informative as it enlightens the readers about the different reasons a person may suffer from clinical depression.

Overall the author has written an informative article while maintaining an objective tone. The article is formally written and it enlightens the readers about the different reasons a person may suffer from clinical depression. The article is well-written keeping in mind the audience and with the usage of good vocabulary and sentence structure.

This article points towards the increasing threat of depression to the new generation and it can no longer be ignored. We need effective solutions to control the causes of depression.