

The Most Major Important Factors Causing Depression (Life Style Factors)

Employe...

Employed

Unemployed

Physical A...

Active

Moderate

Sedentary

Smoking S...

Current

Former

Non-smoker

Sleep Patt...

Fair

Good

Poor

Dietary Ha...

Healthy

Moderate

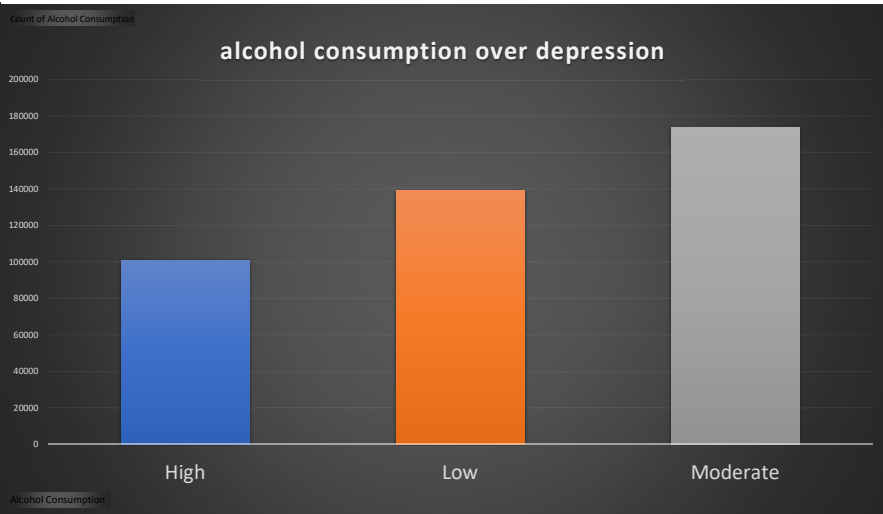
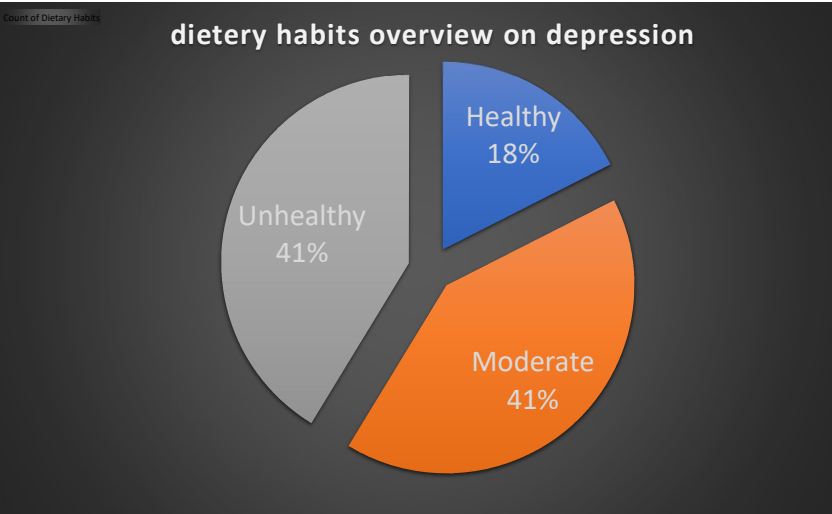
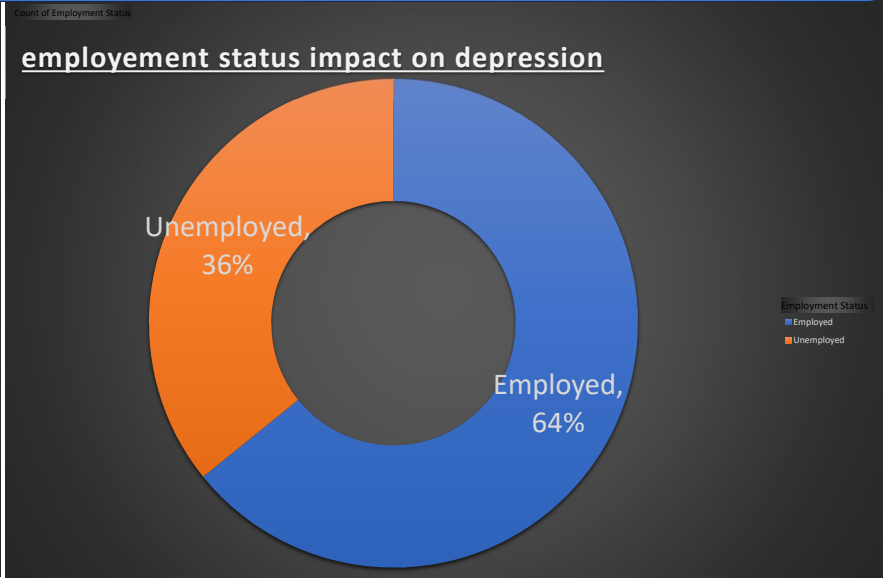
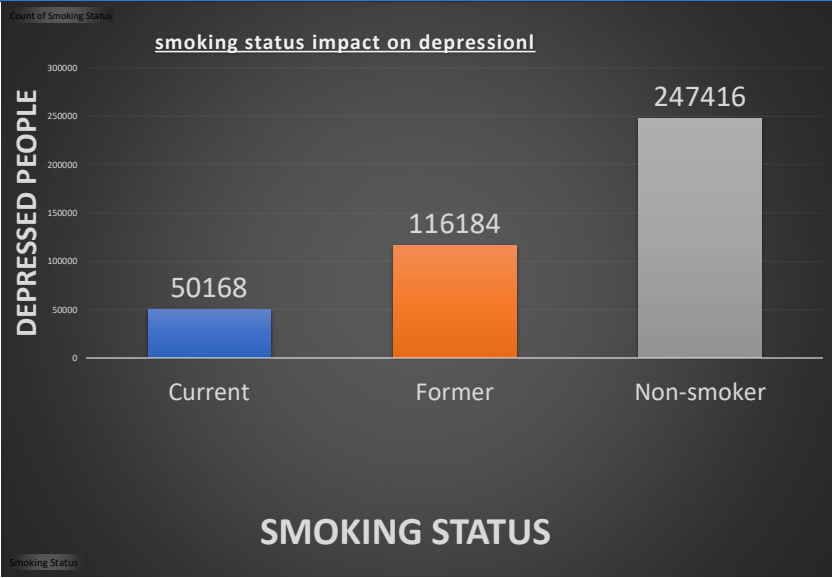
Unhealthy

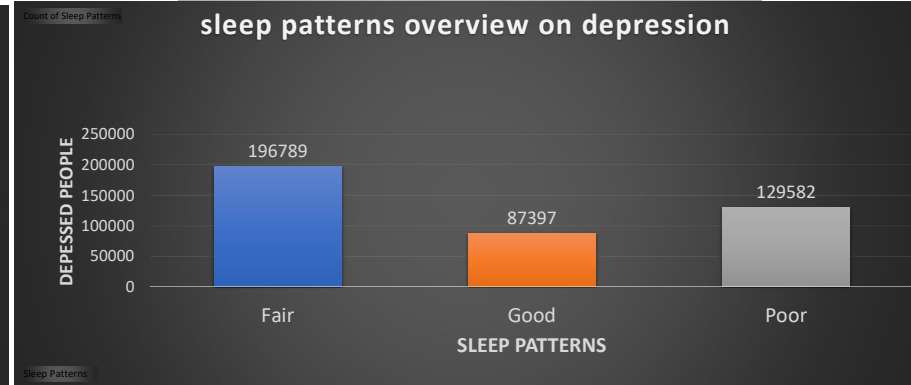
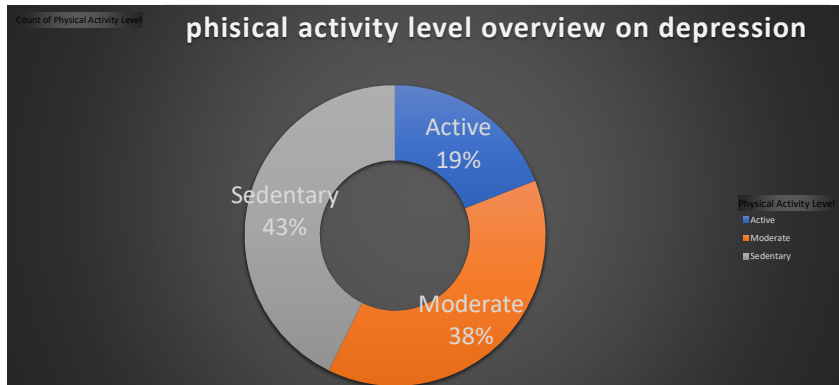
Alcohol Co...

High

Low

Moderate





Insights:#

smoking and alcohole factors :

From the chart we can find that the majority of depressed individuals are non-smoking, which supports the scientific explanation that Nicotine releases dopamine in the mesolimbic reward pathway, elevating mood and improving wellbeing. it also increases the bioavailability of serotonin, acting in a similar manner to some antidepressant drugs. Nicotine has some positive effects, which may be of benefit in depression.

diatery habites and phisical activity factors and sleep patterns :

most of depressed individuals are of low or moderate physical activity levels, so Doing Sports can help in preventing depression and so the dietary habits depressed people are of unhealthy and moderate in dietary habits good in sleeping patterns is the minority in depressions and also vice versa .

employment status :

Also most of depressed individuals are employed which explain that stress of work and work-life imbalance can aggregate depression.