# EFFECTS OF DEPRESSION IN CHRISTIAN HOMES

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## Abstract

Depression is increasingly becoming a global phenomenon. However, its impact within Christian homes remains underexplored in both theological and psychological literature. This article investigates the multifaceted effects of depression on family systems that identify as Christian, focusing on marital relationships, parent-child dynamics, spiritual practices, and overall home atmosphere. Using a mixed method integrative approach that combines quantitative and qualitative research with biblical insights, pastoral observations, and psychological research, the study examines how depressive symptoms such as emotional withdrawal, irritability, hopelessness, and fatigue disrupt communication, intimacy, and shared spiritual life. Findings reveal three primary domains of impact: 1) relational strain marked by misunderstanding, conflict, and emotional distance between spouses and between parents and children; 2) spiritual disruption, where depression distorts perceptions of God, diminishes prayer and worship engagement, and fosters guilt or shame within the believer and 3) role impairment, where the depressed member struggles to fulfill family responsibilities, shifting burden and stress to other members. The article further explores how cultural expectations of "strength" in Christian communities can exacerbate silence and stigma, delaying help-seeking. The study concludes that depression in Christian homes affects not only individual well-being but also the family's capacity to model grace, unity, and resilience. Implications are drawn for pastoral counseling, church-based support systems, and interdisciplinary collaboration between theology and mental health professionals to foster healing, reduce stigma, and strengthen Christian families.

**Keywords** Depression, Christian homes, Family systems, Marital strain, Spiritual well-being, Pastoral care and Stigma

## 1. INTRODUCTION

Depression is a devastating experience, it is a giant hydra that robs people of their sleep; saps their energy, their concentration; evaporates their joy, their ability to live and crushed their will and hope of living.

A World Health Organization study conducted in 2000 predicts that depression will be the second largest cause of disability for all ages and sexes by 2020, accounting for 15% of the total disease burden.

"Depression is a common and disabling psychiatric condition. Population data indicate that approximately one in five persons in the U.S. will experience depression during their lifetime" (Lee et al., 2023; Kessler et al., 2005). Nelson et al. (2008) further note that MDD carries high rates of treatment resistance.

Mackenzie et al. (2004) indicated that among college students, depression rates (assessed by the Beck Depression Inventory II) are at an all-time high 25% for men and 26% for women.

John White, a Counselor and physician warned that "Depression has many faces; It cannot be relieved on the basis of one simple formula, arising as it does by numerous and complex mechanisms, and plummeting sometimes to depths where its victims are beyond the reach of verbal communication. There are mysteries about it which remain unsolved. No one theoretical framework is adequate to describe it".

Although religion has been shown to be protective against depression over the years, a survey of ministers in the southeastern United States, respondents estimated that the incidence of depression throughout their congregations was 80-85%.

While a number of studies have found that religiosity does not increase the likelihood of depression, it is possible that evangelical Christians may even be more likely to experience depression than the average person.

In the August 1998 edition of the journal "Focus on the Family,"Dr. James Dobsons revealed that "80% of pastors and 84% of their spouses were discouraged or were dealing with depression. More than 40% of pastors and 47% of their spouses reported that they were suffering from burnout, frantic schedules and unrealistic expectations. We estimated that approximately one thousand five hundred pastors left their assignments each month due to moral failure, spiritual burnout or contention within their local congregations."

Depression is the name we have given to the spot where a person has had a “crash landing” after reacting sinfully to one or more difficult or undesirable situations that God has brought into his life.

Almost anything can be at the root of a person’s depression: a recent illness in which he gets behind in his work, hormonal changes, a reversal of his fortunes, the consequences of simple negligence, guilt over a particular sin, self-pity arising from jealousy or a disadvantageous turn of events, bad feeling resulting from resentment, worry, etc.

The important fact to remember is that depression does not result directly from any one of these factors, but rather comes from a cyclical process in which the initial problem is mishandled in such a way that it is enlarged in downward helical spirals that eventually plunge one into despair. The downward cycle of sin moves from a problem to a faulty, sinful response, thereby causing an additional complicating problem which is met by an additional sinful response.

Dr. Robert Smith (2008) wrote the best concise definition for depression in his book ‘The Christian Counselor’s Medical Desk Reference’:

“Depression is a debilitating mood, feeling, or attitude of hopelessness (despair or joylessness), which becomes a person’s reason for not handling the most important issues of life.”

Despite decades of multiple researches on the subject; questions still amass concerning the nature, causes and impact of depression in Christian homes.

The Christian home is a microcosm of the global Christian community; hence any defect in the home will generate a stimulus of reactions in the global world.

## 1.1. Statement of the Problem

This research is to find out the possibility of a Christian having the BLUES attack.

What could be responsible for this attack? What impact will this problem have on the home? Which member of the home is more susceptible to this attack? Is it a spiritual, emotional or physical challenge? What are the early signs of depression?

This research will also find out the causes and effect of depression in the Christian home. Do Christians get depressed? What are the implications when a member of a home is diagnosed with depression? We shall also explore the limitations and challenges in managing depressive patients.

## 1.2. Purpose of the Study

This study is aimed at revealing the possibility of Christians having depression and unveiling the possibility of healing through the Holy Scriptures.

The effect of depression on the Christian home shall equally be researched.

Foursquare Gospel Church, Oshodi, Lagos – Nigeria district headquarters will be used as a case study. The church is made of families, and whatever affect the home will rub on the church.

## 1.3. Significance of the Study

Going through some Christian bookshelves, it is surprising, that, no thesis was found on the subject topic; Depression.

The first importance of this topic is to correct the erroneous assumption that a Christian cannot be depressed.

This study will also help us to discover the nature, causes and effect of depression in the homes, and how to detect the early signs of depression.

We shall also look at various ways to helping a depressed patient come out of the BLUES.

## 1.4. Scope of the Study

This research work is aimed at elucidating the effect of depression in Christian homes. The likely causes of depression were discussed ranging from physical and verbal abuse, Post-Traumatic Stress Disorder, the gene factors and social, economic and psychological factors. The neuro-chemical effect of depression was also previewed.

Some cases of depression in the Pentateuch, The Prophet, Writings, The Gospel, Epistles and book of Acts were discussed, and highlights of the causes, effects and biblical solutions suggested.

Cases of depression as it relates to Oshodi District were equally discussed and solutions proffered to alleviate its effect in the homes and the church. The influence of some food supplements in ameliorating the effect of depression was also highlighted.

Oral interviews were conducted and questionnaires distributed within Oshodi District. Research findings were generated and recommendations given.

## 1.5. The Limitation of the Study

This research work was limited to the District Headquarters Church alone hence it may not give a holistic view of the subject. Getting people with proven cases of Depression to share their story is difficult. The few that volunteered did so with a promise not to reveal their real identity. The researcher also discovered that most people are not familiar with the word depression in spite of the cases of suicide becoming a daily discuss in the social and print media. Only very few link depression as the likely cause of suicide and abuse.

Going through the Christian literatures and journals in LIFE Theological Library, hardly do we see articles written on depression from the Christian perspective; hence the researcher is limited to books from the medical desk. We cannot effectively discuss depression without looking into nutritional supplements and vegetables that will ease the effect of depression. For the purpose of this work some nutritional supplements were recommended, however further research is suggested for their effectiveness in managing depression.

## 2. LITERATURE REVIEW

A medical dictionary defines depression as "a mental state of depressed mood characterized by feelings of sadness, despair, and discouragement. Depression ranges from normal feelings of the blues to major depression. In many ways, it resembles the grief and mourning that follow bereavement-there are often feelings of low self-esteem, guilt, and self-reproach; withdrawal from interpersonal contact; and eating and sleep disturbances."

The word 'depressed' is commonly used to describe the temporary emotion of feeling low or downcast. The medical term 'depression' refers to an illness, also known as clinical depression or major depressive disorder. As opposed to temporarily feeling down, depression is a condition that pervades every part of a person's life, and symptoms include loss of interest in life, overwhelming sorrow, obsessive fearful thoughts, fear that it will never end, having no hope for the future, and many other disturbing physical, mental, emotional and spiritual symptoms. "Depression is called the silent epidemic because unlike other diseases, it is not easy to recognize when someone is afflicted by it. The depression sufferers themselves also tend not to reveal or express what they are going through." This could be because they do not know what is wrong with them or what could have caused such a wide variety of disturbing symptoms.

Depression is a global mental health burden that affects individuals and their relational systems. Within family contexts, research consistently shows that one member's depressive symptoms create ripple effects across marital, parent-child, and

sibling dynamics. However, studies focusing specifically on Christian homes add a unique dimension: the intersection of faith beliefs, spiritual practices, and cultural expectations of "strength" or "joy in the Lord".

### 2.1. Depression and Marital Relationships in Christian Homes

Studies on family systems theory establish that depression in one spouse predicts lower marital satisfaction, increased conflict, and emotional withdrawal in the other spouse (Coyne, 1976 and Whisman, 2001). Within Christian marriages, the effect is compounded by theological expectations of permanence and self-sacrifice. Christian couples often report higher levels of guilt and spiritual distress when depression interferes with marital intimacy or sexual relations, because they perceive it as "failing God's design for marriage" (Stanley et al., 2006). Qualitative studies with Christian wives of depressed husbands found themes of loneliness, caregiver fatigue, and silent suffering due to stigma within the church community.

### 2.2. Parent-Child Dynamics and Child Outcomes

Parental depression is one of the most robust predictors of adverse child outcomes, including internalizing problems, academic decline, and insecure attachment (Goodman & Gotlib, 1999). In Christian homes, parents often struggle with reconciling depressive symptoms like fatigue and irritability with biblical expectations of nurturing, patience, and "training up a child" (Prov. 22:6). This dissonance can lead to overcompensation, inconsistent discipline, or emotional unavailability. Research by McClintock et al. (2010) on evangelical families found that children of depressed parents reported higher levels of religious struggle and anxiety about "disappointing God," suggesting that depression disrupts not only attachment but also spiritual formation.

### 2.3. Spiritual Disruption and Meaning-Making

Depression frequently distorts a believer's perception of God, shifting from images of love and grace to judgment and distance (Exline & Rose, 2013). For Christian families, shared spiritual practices family devotions, prayer, worship often decline when a member is depressed. This creates a "spiritual vacuum" in the home atmosphere. McKenzie (2005) notes that depression is "one of the most common

mental health problems, yet it remains poorly understood and heavily stigmatized," especially in faith communities that equate mental illness with weak faith. A. Rosemary Mackenzie's (ibid) autobiographical account further illustrates how role demands and depression erode sense of purpose and connection to God.

### 2.4. Stigma, Silence, and Help-Seeking Delays in Christian Communities

A recurring theme in literature is the "culture of strength" within many Christian circles. Members may avoid disclosure due to fear of judgment, being told to "pray more," or concerns about church leadership roles. This silence delays professional help-seeking and increases burden on the family system. Studies show Christian families are more likely to seek pastoral counseling before clinical care, which is beneficial when pastors are trained, but problematic when theological advice replaces medical/psychological intervention. (Payne, 2015 and Stanford, 2007).

### 2.5. Gaps and Need for Integrative Models

While secular psychology has mapped the systemic effects of depression on families, and theology has addressed suffering and lament, few studies integrate both perspectives specifically for Christian homes. The literature calls for interdisciplinary models that honor biblical concepts of grace, forgiveness, and community while applying evidence-based interventions for depression. This gap is critical because Christian families often look to Scripture and church support first, making pastoral leaders key gatekeepers for mental health care.

### 2.6. Theoretical Framework – "Effects of Depression in Christian Homes"

This study is anchored on an Integrated Spiritual-Systems Model of Depression in Christian Homes. The model integrates four established theories to explain how depression in one family member affects the relational, spiritual, and functional domains of a Christian home, and how biblical factors moderate those effects.

#### 2.7.1. Family Systems Theory

**Proponents:** Murray Bowen, (1978) and Salvador Minuchin, (1974).

**Core Principle:** The family is an emotional unit. A stressor in one member affects all members through interdependence, role shifts, and emotional triangles (Bowen, 1978). When a spouse or parent is depressed, differentiation of self-declines, leading

to emotional cutoff, marital distance, and parentification of children (Minuchin, (1974)).

**Application to Christian Homes:** Depression disrupts the "one flesh" marital unity (Gen 2:24) and forces role reversal. Family devotions, conflict resolution, and emotional availability decline because energy is redirected to symptom management.

### 2.7.2 Spiritual Stress-Coping Model

**Proponent:** Kenneth Pargament, (1997)

**Core Principle:** Religious coping is how people use faith to manage stress (Pargament 1997) distinguished positive religious coping e.g., collaborative prayer, benevolent reappraisal, spiritual surrender from and negative religious coping e.g., spiritual discontent, punishing God reappraisals, interpersonal religious discontent (Pargament, 1997).

**Application to Christian Homes:** Depression becomes a "spiritual stressor" that tests beliefs about God's presence and goodness. Homes using positive coping through with Psalm 42:11 and prayer experience resilience. Homes using negative coping "God is punishing me" report increased guilt, stigma, and withdrawal from church (Pargament, 1997).

### 2.7.3. Social Capital Theory

**Proponents:** Robert Putnam, (2000) and McKenzie, Harpham & Huttly, (2004)

**Core Principle:** Social capital correlates with networks, norms of reciprocity, and trust that facilitate cooperation (Putnam, 2000). Low social capital correlates with higher depression rates because isolated persons lack emotional and instrumental support (McKenzie et al., 2004).

**Application to Christian Homes:** Depression triggers social withdrawal through reduced church attendance, small group participation, and "bearing one another's burdens" (Galatians 6:2). Loss of congregational social capital increases caregiver burden on the non-depressed spouse and reduces access to pastoral support.

### 2.7.4. Biblical Anthropology:

**Core Principle:** Christian anthropology views humans as created in God's image (Gen 1:27), affected by the Fall (Rom 3:23), and redeemed through Christ (Rom 8:28). This lens shapes how families interpret depression: either as "spiritual weakness" and stigma, or as "common human brokenness under the Fall" and compassionate care.

**Application to Christian Homes:** A theology of redemption reframes depression from shame to shared suffering, enabling forgiveness (Ephesians 4:32) and perseverance. Without it, families mislabel depression as "lack of faith".

### 2.7.5. Medical-Pastoral Collaboration Principle

**Proponent:** Smith, M.D., (2008)

**Core Principle** Christian counselors must distinguish spiritual struggles from medical conditions and know "when to refer" (Smith, 2008). Depression has biological components that mimic spiritual problems, so effective Christian homes should integrate prayer and professional care.

**Application:** Add practical intervention layer to the framework.

## 3. RESEARCH DESIGN / METHODOLOGY

The study involved the use mixed methods that combine qualitative and quantitative approach via biblical insights, pastoral observations, and psychological research to examine how depressive symptoms such as emotional withdrawal, irritability, hopelessness, and fatigue disrupt communication, intimacy, and shared spiritual life.

### 3.1. Data collection procedure

i. Desk research using online libraries, the bible, journals and other available literature.

ii. Survey: Questionnaires were produced and administered to married key Foursquare Church Leaders, ministers and workers within the four zones of Foursquare Gospel Church, Oshodi district, Lagos.

iii. One on – one depth interviews amongst the target respondents.

### 3.2. Sample size:

A total of 120 survey and 50 depth interview respondents were randomly sampled with structured questionnaires and unstructured discussion guides respectively in the four zones of Foursquare Gospel Church, Oshodi district, Lagos.

## 4.0. SUMMARY OF RESEARCH FINDINGS

The research findings show that:

- Most of the respondents were married females with the average age of 50 years who had been married for over 11 years and worked in foursquare churches of Oshodi, Lagos for over 16years. .
- The respondents agreed with the researcher's postulation that depressed persons may have symptoms of depression without realizing it.es.
- Between 80-100 % of the overall sample agreed that the major likely causes of depression in the Christian homes are: Infidelity, feelings of guilt and condemnation, suspicion, barrenness, hidden sins, unforgiveness, hopelessness, loss of money or loved ones, lack of love, verbal and physical abuse, thoughts of evil and death.
- Foursquare Gospel Church, Oshodi District agreed with the researcher on the following effects of depression in the home:

- breakage of marriage,
- deprived sex life and communication problem,
- the other partner feeling like a stranger,
- life threatening situation in the family,
- loneliness and isolation of the partner,
- wayward children (because of lack of care),
- stress from the pressure of nursing the depressed,
- frustration and likely loss of job of the other partner,
- taking solace in secret sins(infidelity),
- financial burden,
- stigmatization by the extended family and community and
- emotional turbulence for the children.

- The best assistance a depressed person would need is to be encouraged with the teachings of the bible, regular prayer, a life of praise and thanksgiving.

## 5. CONCLUSION

From this research work, it is obvious that depression is real and married Christians are not exempted. It was also discovered that event of life could metamorphosis into depression. In view of these findings we must examine our faith in Christ. In 2 Corinthians 5:17, Therefore, if any man be in Christ Jesus, he is a new creature, all things are passed away; behold all things are become new. Once we are in Christ, our past lives are buried and a new life begins in Christ.

We should also understand the power of love in the home. The first, second and third thing that keeps the home stable is love. Love is the principal thing in the home. Love is the antidote that helped the depressed to come out of her shell and become alive again. Love is patient, love is kind, and love is not self-serving. It is not easily angered or resentful. Love bears all things, believes all things, hopes all things, and endures all things. And now these three remain: Love, hope and love. But the greatest of these is love. Foursquare Gospel Church District duty in helping the depressed couple is to extend the hand of true love. The Church should extend the hand of love through counselling, financial support and teachings of the bible.

## 6. RECOMMENDATIONS

Depression is a debilitating mood of hopelessness which become a person's reason for not handling the most important issue of life.

Depression is a silent killer of potentials and motivators needed to forge ahead as a member of the Christian home. It is obvious that the challenge of depression can happen to anyone and anytime hence the following recommendations:

i. Burn-out in life and ministry can generate into depression hence a regular vacation is necessary to ease tension and pressure of work.

ii. Pre and Post marriage counseling and seminar should be organized on a regular basis. Most Christian homes have become an isolated Island that is habituated by the reptiles of anger, malice, violence and emotional turbulence. Christian

psychotherapist should be contacted for assistance before things fall apart. Couples should not feel too big to seek for help.

iii. Understanding the likely causes of depression will be a needed tool in helping the depressed. Over the years, some factors known to be the likely causes of depression are: nutrient deficiency or excess, physical and emotional abuse, loss of a loved one, bareness, money problem, loss of job, male child syndrome, hidden sins, regular conflict and marital turbulence, substance abuse, blackmail, drugs and substance abuse (prescription, illicit, caffeine), hormonal imbalances, allergies, sexual abuse as a child, toxins, medical conditions (stroke, heart disease, cancer, Parkinson's, diabetes, thyroid), psychological factors (generally poor thought-processing), spiritual factors.

iv. Early discovery and intervention is the key to helping couples cope with and overcome depression. You need to understudy the early symptoms of depression like over-reacting, fidgeting, feeling down and hopeless, loss of interest in normal activities, increased fatigue and insomnia, gluttony, hallucination, feeling suspicious of people around you, diminished ability to think or concentrate, feelings of excessive guilt, self-reproach or worthlessness, unfounded fear, feelings of failure, evil thoughts and imagination and thought of elopement and suicide.

v. The Church and Members of the family should not stigmatize people diagnosed of depression. Depression is not an epidemic virus rather it is the sickness of the mind that can re-programme signals in the brain. Hence depression should become a regular discussion among teens, youth and married in the church. Regular teachings will create a good platform for educating the members on the dangers of depression.

vi. Patience, endurance, perseverance, kindness and agape love are compulsory medicine in helping any member of the family that is depressed.

vii. Medical assistance is also recommended where necessary. However eating balance diet and supplements can also be of tremendous assistance.

viii. Learning the act of praise and thanksgiving, singing hymns, spiritual songs and making melody to the lord are effective therapy for depressed member of the family.

ix. Meditating on God's word, believing and acting on His word is a healing balm to the soul.

x. Learning and practicing biblical psychotherapy session on a regular basis will be of great help. The instructions of II Corinthians 10:5, 6 say; "bringing into captivity every thought to the obedience of Christ. And having in a readiness to revenge all disobedience, when your obedience is fulfilled." Applying these words will dissipate negative thoughts (Prov. 12:25, 15:13, and 18:14). We must make effort to eradicate compulsive thoughts (thoughts that just keep running over and over again in our mind even though they may not be negative in nature).

xi. Likewise, Philippians 3:13 & 14 says, "…but this one thing I do, forgetting those things which are behind, and reaching forth unto those things which are before, I press toward the mark for the prize of the high calling of God in Christ Jesus." Paul used a runner's analogy to put the past and future in their proper perspective. He says that runners in a race cannot look back to see where the other runners are, for if they do they may stumble or get out of their lane and be disqualified. We should cultivate the lifestyle of forgetting the thought of past mistakes and failures and focus on where God is taking us to.

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# Appendices

## Appendix 1

Depth Interview Guides

1. Have you ever heard of depression before?
2. What do you think is responsible for high rate of suicide nowadays?
3. In what way does depression affects the home?
4. Can you be depressed and not be aware of it?
5. What are the signs of depression you're aware of?
6. What should the church do to help depressed people?

- **Survey Questionnaire**

Effects Of Depression In Christian Homes:

A CASE STUDY OF FOURSQUARE GOSPEL CHURCH, OSHODI DISTRICT HEADQUARTERS CHURCH

Section A

Instruction: Tick the option box that most describe you

Bio Data of Respondent

1. Age: Below 25 [ ], 26-35years [ ], 36-49years [ ], 50years and above [ ]

2. Sex: Male [ ], Female [ ]

3. Marital Status: Single [ ]Married [ ] Divorce [ ] Widow [ ]

4. Period of Marriage: 5 years below [ ] 6 -10 years [ ] 11-25 years [ ] 26 years and above [ ]

5. Educational Qualification: OND [ ] B.SC/B.TH./HND [ ] MASTERS [ ] PHD [ ] other specify_____

6. Job description: Civil Servant [ ] Business/Trading [ ] Student [ ] Others_____

7. Are you a card carrying member of Foursquare Gospel Church, Oshodi District Yes [ ], No [ ].If No, specify your organization_____

8. Status: Minister [ ] Workers [ ] Members [ ]

9. How long have you been in Foursquare Gospel Church, [Oshodi District]? Below 5 years [ ] 6 – 10 years [ ] 11 years and above [ ]

Section B:

Kindly tick the Appropriate Column that is your opinion from the following statement about depression.

Keys: A= Agree, D= Disagree, U= Undecided

| | | A | D | U |
|---|---|---|---|---|
| 1 | Everyone get depressed some times | | | |
| 2 | Depression is the commonest sickness of all | | | |
| 3 | Depression is not a disorder that a religious person is exempted from | | | |
| 4 | Anything can be the root of depression: recent sickness, loss of money, loss of loved ones, etc | | | |
| 5 | Depression is a debilitating mood of hopelessness which becomes a person's reason for not handling the most important issues of life. | | | |
| 6 | Depression is a form of spiritual attack | | | |
| 7 | Any form of abuse, physical, mental or emotional can result into depression | | | |
| 8 | Stress can activate d repressive episodes | | | |
| 9 | Diminished ability to concentrate, think or make decision is a symptom of depression | | | |
| 10 | You could have symptom of depression yet not realize it. | | | |
| 11 | There are high chances of becoming easily depressed. | | | |
| 12 | Depressed people don't easily agree they are depressed | | | |
| 13 | Once you are diagnosed there is a high possibility of re-occurrence | | | |
| 14 | Depressive sickness can't be diagnosed by blood test or scan. | | | |
| 15 | Depression is a behavioural disorder. | | | |
| 16 | Teachings of the bible provide a perfect cure for depression | | | |

Section C

Which of the following do you think could cause depression in the home? Tick either Yes or No

| | | YES | % | NO | % |
|---|---|---|---|---|---|
| 1. | Infidelity | | | | |
| 2. | Suspicion | | | | |
| 3. | Verbal or Physical Abuse | | | | |
| 4. | Extended Family Issue (In-Laws) | | | | |
| 5. | Delinquent Children | | | | |
| 6. | Lack of Love (hatred) | | | | |
| 7. | Terminal Sickness | | | | |
| 8. | Anger | | | | |
| 9, | Malice | | | | |
| 10. | Unforgiveness | | | | |
| 11. | Married to an Unbeliever | | | | |
| 12. | Delayed Conception | | | | |
| 13. | Lack of Salvation | | | | |
| 14. | Feelings of Guilt and condemnation | | | | |
| 15. | Loss of loved ones | | | | |
| 16. | Faithlessness | | | | |
| 17. | Disobedience to God | | | | |
| 18. | Hidden Sins | | | | |
| 19. | Hopelessness | | | | |
| 20. | Fear of the Unknown | | | | |
| 21. | Insomnia | | | | |
| 22. | Thought of Evil and death. | | | | |

SECTION D

Please indicate either true or false to the following statement on the effect of depression.. True-T/ False-F

| | True | % | False | % |
|---|---|---|---|---|

1. Depression could lead to breakage in Marriage.

2. Loneliness, isolation, unhappiness and regular quarrel could generate into a depression episode.

3. Poverty is a major factor in depression.

4. Depression is a sickness of the rich.

5. Evil thoughts are the major cause of depression

6. Depression is a debilitating mood of hopelessness which becomes a person's reason for not handling the most important issues of life.

7. Children from broken homes are more likely to suffer depression when they grow up.

8, Children who are victims of violence, rape and child abuse are more likely to suffer depression.

9. Depression is a result of past painful memories.

10. Renewed trust and hope in God could help in overcoming depression.

11. Single parents are more likely to suffer depression.

12. Addiction(to food, sex, drugs) is a sign of depression.

13. Children of wayward parents are more likely to suffer depression.

14. Rejection, frustration and disappointment could naturallylead to depression.

15. A life of praise, thanksgiving and gratitude are good medications for people who are depressed.

16. Imaginary Feelings of sadness, moodiness and loss of interest in your immediate environment are strong signals of early depression.

17 Depression lead to deprived sex life and communication problem among partners

18 Depression makes the other partner feels like a stranger in his/her home

19 It creates life threatening situation in the family, loneliness and isolation of the partner

20 Depression may lead to financial burden, stigmatization by the extended family and community

21 Stress from the pressure of nursing the depressed may lead to frustration and likely loss of job of the other partner

22 Other partner may take solace in secret sins(infidelity) as a result of loneliness and isolation

23 Depression may activate emotional trauma and turbulence in the children