

Life events occurring before and after onset of depression in a Kenyan setting--any significance?

Abstract:

In a controlled study of life events in depressed patients in Kenya it was found that the rate of life events was higher in the depressed group in the 27 weeks preceding the onset of depression but with a sharp increase in the last 6-9 weeks before onset. It was also found that the depressed patients continued to experience independent life events after the onset of the depression. It is hypothesized that the continued occurrence of life events after the onset of depression is an incentive to seek help and, eventually, a psychiatric referral.