
ATTRIBUTIONS FOR NEGATIVE LIFE EVENTS AND THEIR RELATION WITH DEPRESSION

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Abstract

The paper addresses the issue of causal attributions in the onset of depression. We aim to analyze the conditions in which a maladaptive attributional style associated with perceived control over naturally occurring life events may sustain depression. A number of 220 subjects, mean age 21,6 years, participated in the study. Several predictor variables were accounted for in a multifactor design in which the criterion variable was the level of depression. Specifically, attributions for negative events attributed to uncontrollable causes were found to be related to the increase of the level of depression. The conclusions address the implications of the findings for the understanding of the relationship between attributional style for naturally occurring life events and depression.

Keywords: *control, helplessness, attributions, depression*

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