THE ROLE OF THE LIFE EVENTS STRESS, SELF-ESTEEM AND NEGATIVE KNOWLEDGE IN PREDICTING OF DEPRESSIONIN A SAMPLE OF PATIENTS

MOHAMMED SALEM AL-GARNI
Faculty of Arts
King Abdul-Aziz University

***ABSTRACT** _The current study aimed to detect the relationship between depression with both of Life Events stress, self-esteem, The Automatic thoughts, and dysfunctional Attitudes, as well as the detection of differences in degrees of depression attributable to the variables: gender, age, and marital status. The study sample consisted of 55 depression Saudi patients (24 males, 31 females), 24 patients from the Psychiatric Clinic Hospital Bagedo and Dr. Irfan (16 females - 8 males) , and 31 patients from the Health psychiatric hospital in Jeddah (15 females - 16 males), Ages ranged from 18 to 64 years, average age was (31.75) years , and standard deviation was (9.52) years , from different levels of education.*

Tools of the study consisted of: Beck Depression Inventory (BDI), Life Events stress questionnaire, self-esteem Scale, The Automatic thoughts Questionnaire, and dysfunctional Attitudes Scale, The tools were verified to be convenient to the Saudi culture and be psychometrically competent using different methods.

Data showed that there are Positive significant correlation between Depression and both of: Life Events stress, The Automatic thoughts, and dysfunctional Attitudes, and there are Negative significant correlation between Depression and self-esteem.

T. test showed that there are Statistically significant differences between males and females in the variables: depression, Life Events stress, and dysfunctional Attitudes in female direction, and self-esteem in the male direction, Also T. test results showed that there are Statistically significant differences between Younger and older in the variables: depression and Life Events stress in Younger direction, and self-esteem in older direction, Also ANOVA results showed that there are Statistically significant differences among the three groups of Marital status (Married - Single - widower) on the depression, while there were no differences among the three groups on the Other variables. It was also found that three independent variables (self-esteem, The Automatic thoughts, and Life Events stress) can predict depression , and contributed by 44.5 % in depression variable contrast, self-esteem more variables impact on depression, with contributed by 25.6% in depression variable contrast, The Automatic thoughts which contributed 11.6%, and Life Events stress which contributed 7.3% in the depression variable contrast.