### Learner Name:

### Debate Preparation and Summary Worksheet

To prepare for the debate in Unit 5, use this worksheet to synthesize what you have learned from your research on the causes of depression. Complete **Section 1 Debate Preparation** to organize your position, arguments, and evidence for the debate.

You will then complete **Section 2 Debate Summary** following the debate and will turn the full worksheet in at the end of the Unit 6 for grading as a summary of the debate.

### ­­­­­­­­­­­­­­­­­­­Section 1 - Debate Preparation

#### Your Position Statement

* **Description of perspective**

Depression is caused by environmental and cognitive behavioral factors

* **Position Statement**

According to research, it is asserted that depression is caused by parental depression, taking into account that an individual’s behavioral and emotional functioning is not well understood. Another research highlights that depression is just a more sophisticated understanding of mental behavior that proceed with age and influence of physical factors.

* **Summary of arguments**

1. Environment plays a significant role in causing depression
2. Depression is a realization that proceed with understanding and observation of symptoms
3. Depression has nothing to do with biological factors, all that matters is physical factors

#### Your Summary of the Arguments that Support Your Position and the Evidence from Research to Support Those Arguments.

**Supporting Argument 1**:

Depression is the product of age and understanding, because if an individual doesn’t think about it there are fewer chances of its causes.

**Evidence:** The research from Mental Health Literacy has proved this fact (Silberg, et al., 2010)

**Evidence** A new study has found that people living with major depressive disorder are biologically older than people without depression (Silberg, et al., 2010)

**Evidence** Mills-Peninsula Medical Center has proved that there are no cases of depression recorded under 12 because after 12 an individual begins to realize about mental condition. (Silberg, et al., 2010)

**Supporting Argument 2**:

Depression is the product of parental behavioral and environment.

**Evidence** Data collected on juvenile twins from the Virginia Twin Study of Adolescent Behavioral Development (VTSABD) highlighted the transmission of parental depression. (Keller & M. C, 2018)

**Evidence** Child behavioral and developmental outcomes are influenced by numerous factors where individual-, family-, and community-level factors are significant and one of them is the disturbed mental condition of parents (Keller & M. C, 2018)

**Evidence** Nonshared Environment in Adolescent Development project has proved that parental behavior and disrupted homely setting causes depression in children (Keller & M. C, 2018)

**Supporting Argument 3**: Depression is caused by the environmental factors such as narrowed approach towards life, any disable personality or continuous reinforcement of miserable life

**Evidence** Depression is more like retrieved understanding (Georgakakou‐Koutsonikou, et al., 2019).

**Evidence** There are more cases of depression in people living underrated life (Georgakakou‐Koutsonikou, et al., 2019).

**Evidence** Depression is most commonly traced in broken, separated or poor families (Georgakakou‐Koutsonikou, et al., 2019).

### Section 2 - Debate Summary

(Complete after the Unit 5 debate)

#### Counter Arguments to Your Position and Your Rebuttals – With what counter arguments did others challenge your position? How did you reply to challenge their counter arguments (these are your rebuttals)?

|  |  |
| --- | --- |
| **What opponents said to counter your arguments (paraphrase your understanding of their counter arguments—do not copy and paste them).** | **Your rebuttals to the counter arguments that they made to you or could have made to you based on their positions. (Please cite any sources you used):** |
| Depression is inherited disorder | If depression is inherited disorder than there would be more cases of depression than normal because there is no staunch evidence of depression being inherited |
| Depression is a hint towards life, any incidents or act | Depression refers to the environmental factors where an individual gives significance to particular event because of the narrowed perspective of life. More economic families pay less attention to abuse as something causing depression |
| Depression is caused by medication | There is no such medication that directly causes depression, however there are medicines that increases the risk of becoming victim to depression. |

#### Summary and Conclusion

#### It is proposed that depression has numerous features, there are specific and well decided causes of depression such as medication, particular incidents or genetics. All these arguments refer to the cognitive as well as behavioral causes of depression

* Depression is the product of fact and figures that are fed directly or indirectly through the environment and these facts are more highlighted in undesirable or unbearable environment. Although research assert that there is a risk of depression after using some medications such as those for acne but there are no direct means.
* My position is more valid and authentic because depression has nothing to do with genetic or inherited factors, it is a pattern of understanding that is either counted by self-analysis or highlighted as a way of releasing complex understanding of things and actions that are not in an individual’s hand. Moreover, depression is also an adopted behavior, it is adopted by learning such as any family member who is suffering from depression and the disorganized ways of life.

#### APA Reference List

References

Silberg, J. L., Maes, H., & Eaves, L. J. (2010). Genetic and environmental influences on the transmission of parental depression to children’s depression and conduct disturbance: an extended Children of Twins study. *Journal of Child Psychology and Psychiatry*, *51*(6), 734-744.

Keller, M. C. (2018). Evolutionary perspectives on genetic and environmental risk factors for psychiatric disorders. *Annual review of clinical psychology*, *14*, 471-493.

Georgakakou‐Koutsonikou, N., Taylor, E. P., & Williams, J. M. (2019). Children's concepts of childhood and adolescent depression. *Child and Adolescent Mental Health*, *24*(1), 19-28.