

PREDICTIVE MODEL FOR DEPRESSION IN ADOLESCENCE BASED ON  
COGNITIVE VULNERABILITY FACTORS

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ABSTRACT

**Introduction:** Within the Cognitive Vulnerability-Transactional stress model of depression in adolescence, there is a significant association between risk factors of depression, and the level of symptoms of depression. The main objective is to investigate and determine the role and relationship of predictive risk factors and clinical and subclinical depression in order to build predictive model for depression.

**Materials and Methods:** The research was conducted in clinics and schools in the three main centers of sociodemographic regions in North Macedonia. The sample consisted of: the clinical group 139 (33.7%); the subclinical group, 133 (32.3%) and 140 (34.0%) respondents in control group, aged 13-17 years. Predictive factors for depression were measured by a set of instruments.

**Results and Conclusions:** When the predictive model of depression in adolescence was built solely on the basis of risk factors for cognitive vulnerability, negative life events and their interaction, the analysis showed that there was significant prediction of depression levels in predictive models of the clinical group (62.5%), the subclinical group (63.3%) and the control group (65.9%). In the predictive model of the clinical group, ruminative response style has the role of the strongest predictor of levels of depression symptoms, and the lowest are negative life events. In the predictive model of the subclinical group the strongest significant predictors are dysfunctional attitudes, and the weakest is the interaction between negative life events and dysfunctional attitudes. The analysis of the results in the control group singled out the negative inferential style as the strongest predictor, and the weakest is the ruminative response style.

**Key words:** predictive model; depression; adolescence; cognitive vulnerability