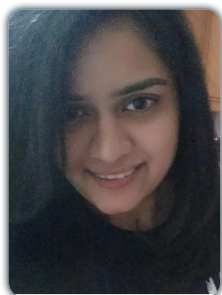


# WORLD DEPRESSION CONGRESS

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### **The role of individual differences and age groups in depression**

Happiness appears to be the end of every goal. The area of happiness and well-being have been a trending topic of research in the recent past. Certain personality traits can increase the risk of depression. When it comes to the Big 5 Ocean Model, personality characteristics such as Neuroticism (with traits such as emotional instability, self-consciousness and negative thought process) has predicted depression. In some of the studies, it was reported that Neuroticism is the strongest correlate for psychopathology. Whereas, conscientiousness (with traits such as self discipline, persistence and organization) has been associated with lower levels of depression as conscientious people proactively avoid pitfalls in life. Lower level of conscientiousness has been associated with lower life satisfaction, risk taking behaviour, drug addiction and high level of depression. Although there has been no consistent evidence suggesting any association with extraversion, it has been seen in many literature, that a combination of high levels of neuroticism, low extraversion and low conscientiousness has been a predictor of Depression in the long run. These combined traits have also been a subject of discussion in terms of treatment resistance by patients.

### **Biography**

In my research on Generations at workplace, it was discovered that Generation X (The generation born 1965-1981) experiences low well being at work. I found that it was linked to work life balance. One good reason for this could be attributed to the fact that this generation has the burden of responsibility of their old parents and teenage children. A healthy work life balance is also responsible for an overall feeling of well-being. The Millennials generation, however, had a good work life balance which was responsible for well-being.

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