

## **Depression and Its Relation with Blood Group According Differences (Sex)**

**Hasanain Sadiq Salih Abakah**

Babylon Health Directorate – Ministry of Health

### ***Introduction***

Still most of the communities reject the idea of a mentally ill or mentally to the individual members and possibly exclude even talk about his condition and the extent of the deterioration of his health, and stems of this perception of non-recognition of truth and reality in such a case, or clear statement the existence of a patient needs help or the help of psychiatrists and specialists in this field treating mental illness and mental health, although the basics of configuration physiology of the human body and physiology, the mechanism of action of the heart, lungs and liver are not different from the mechanism of the brain not only in the configuration does not work, so when it is exposed a part of the body such as the heart or the liver to stress or disturbance , and suffers from health problems, it's the same happens to the brain, and upset and disturbed and suffering from health problems as well (Abu-Dalu, 2008)

The result is a disruption in the conduct or behavior in the patient psychological or whatever the individual with this disorder of the reactions is controlled or measured in the community knew diseases, mental is a multiple manifestations of unrest and agitation that occur in the entity of the personal and without prejudice to its functions, similar to the unrest and agitation that it does not cause as to why organic particular in the body, and it is often associated with the causes and factors of psychological origin, and give the patient a special sense of unease, and in grades severe mood disorder may lead to a sense of patient change reality around him, with the attendant disruption in thought and behavior (Kamal, 1989: 421)

Among the most important diseases and mental disorders prevalent in the current time is past mood disorder or depression recently, and one of the most prevalent mental illnesses and common at the moment and scientific studies confirm the high rate of occurrence in the future (Comrey, 1967:303).

Bringing people to the suffering of many and large in contemporary life than people suffer from it in the past and in the communities prior to the degree that a lot of writers and authors like to describe this era as the era of depression (Abraham, 1998: 42). Mental disease of depression is depression that occurs within the scope of psychological disturbance (Kamal, 1988: 250) lot of us feel cases of depression or frustration from time to time, for example a death in the family, failure in love, and loss of function, the case of serious illness, ... Etc., and crises of life may cause a sense of sadness or loneliness or frustration for most people for a period of time (Abu-bucket, 2008:)

The patient feeling of that the sense of sadness and loneliness forbids continuing life normally makes him suffer from the disorder in the mood, which is called depression, disturbances in mood is a constant state of imbalance that occurs in the natural feelings to any person (Doorman, 2005)

Due to the large prevalence of depression at this time, societies of the world and scientific research emphasize decrease proportion to happen in the future (Asal, 2001: 13).

Because depression is spread in all social classes, races and minority groups, which is very comprehensive so it is called cold-General of the mental illness, as seen (The Common of Mental Illness) of depression in individuals in all professions, but what is more common among individuals in the areas of Arts and Humanities(Beach, S, 1998: 1,200-205).

This suggests that many people in contemporary life, suffer from depression more than last communities used to suffer from, at least to the senior who knew him and called him, and gave him a lot of names and terminology that referred to the punishment of sense of it and the pain and suffering of it, it is known that there are more than a hundred Million people suffer from depression in the world, but these leave many negative impacts in similar numbers, where the number represents only cases, the official means that many of them link their cases to the degree of bad requires access to the hospital or a psychiatric clinic asking for help, and where there are similar numbers or more so much suffering from depression and pain silently with certainty, without the dare one of them or one of them to seek treatment officially (Ibrahim, 1998: 8). The surveys in the area of depression indicate that (12%) of American society are suffering from depression for more than a year, also these studies found a risk of the development of depression in the range between (8% - 12%) in men, and between (20 % - 26%) among women (Montgomery, S, 1991).

According to a scientific report of the American Psychological Association, the (7) million women and (5.3) million men at least can be diagnosed as suffering from the Great Depression (Major Depression) officially registered (Al Fayed, 2005: 266).

And spreading depression rates are lowest in Taiwan and Korea (5%) and most in our region (19%) (Asal, 2006). So depression is more prevalent mental illness at the present time (Reda, 2001).

And to identify mental illness and GM would be through blood groups with lineage known in Asia as shown in the table.

A+	A-	B+	B-	AB+	AB-	O+	O-
34%	6%	9%	2%	3%	1%	38%	7%

(United Blood Services, 2010).

As emphasized by some scientific studies published in Japan, America, Australia and Britain to know that mental illnesses such as personality disorders, mania and eating disorders (malnutrition), nutrition, health, and nervous tension.

Be caused by blood groups, as identified through the blood groups of the most prominent types of blood to the sensitivity of personality disorders in Australia through the application of Cold Pricks' personal scale on a sample of high school students in 2003 by researcher Mary Listen Read phonetically

Dictionary - View detailed dictionary (Mary Rogers, 34, 2003:1099-1112)

Studies have shown the types of blood groups of the four most sensitive to cross-examine a simple obsession with each of: -

(Riniris C. Stefan 's and etal. 1979, 60: 272)

(Noboru Takazawa, 1988,4: 42)

As studies have indicated any of the blood groups sensitive to stress

(P. Rainier 's, A. Reburials, 1983, 9: 16-19).

Turning a simple English study about the relationship between mood disorder (unipolar) uprooted large and genetically.

(Douglas HRBlak Wood and etal, 2001, 178:134-136).

And study the types of blood with personal items. (Naurer-GroelilyA., 1975, 2: 441).

For that a relationship was found between mental illness in general and the varieties of blood.

### **Research Aim**

The research aims to identify depression and its relationship to varieties of blood from where the variable of sex.

- 1- Depression and its relationship to blood group A.
- 2- Depression and its relationship to blood group B.
- 3-Depression and its relationship to blood group AB.
- 4- Depression and its relationship to blood group O

### ***The Limits of Search***

Research community is composed of adult males and females of different ages coming to the Hilla hospitals (Al-Hilla Hospital, Morgan Hospital) and the Public Health Laboratory in Babel province, according to statistics in 2012 and the (5000) \* people.

### **Sample**

A random sample of groups of society adult males and females of different ages in the center of the governorate of Babylon, namely, (1200) as varieties of blood (A, B, AB, O) were collected from health laboratories in the hospitals of Hilla, in the center (Hospital of Hilla, , Morgan Hospital ) and health laboratories of the entrants to this government laboratories, and by 24%, samples were taken from their blood to know what type of species to give them a questionnaire with Aaron T Beck Depression (BDI) to answer.

### ***Theoretical Framework***

#### **A -The Concept of Depression**

The word depression (Depression) means the user bemoaning the past and think about it sometimes and hopes other times or longing to know the unknown and the search for causes of illness and (Ahmad, 1987) As well known is a state of psychological pain up to a kind of severe punishment accompanied by a sense of guilt and a significant decrease in self-assessment of themselves and a decrease of mental activity (Shakshak, 2007: 57).

Therefore depression is a mental illness task which calls for the attention of researchers and specialists in this area due directly influenced by many factors relative to the most important genetic and environmental (Asal, 2001).

And not, as some people think that depression is the phenomenon of American or Western that is a mistake but it affects all societies of the world, and where there is varying degrees and return this disparity to differences in cultural aspects, social and religious differences among the countries of the world and limited studies indicate that the strata of society most vulnerable to change in the pattern of her life most susceptible to cases of depression in terms of economic, social and applies to the middle class (Kamal, 1988: 243).

The depression also diseases associated with the progress of civilization and the acceleration of life that accompanies it is the teacher of landmarks affects by all men and women does not exclude anyone ..., has shown some of the World Health Organization studies on depression in the world that there is more than (100) million people suffer of depression in 2006 (Asal, 2006).

So depression started extending from the base time and the increase in the communities from generation to generation, because life is contemporary and has a lot of complications at the community from a lack of material resources, cultural and economic factors influence negatively in a very traditional way of life. Person within the class of those potentials that increase stress and non-self relief check the person and then he felt his life of isolation (Shakshak, 2007: 298) Women are more affected than men where that was explained by saying that women are exposed for social and biological pressure always (Reda, 2001). Depression has many reasons including:

- 1- genetics.
- 2- Organic causes.
- 3- Environmental factors.

Genes are the hereditary factors and help the emergence of depression in many of the families of the patients had a history of depression, let alone to occur in identical and not identical twins ... (Taha, 2003: 16)

So scientists are now able to detect an imbalance of approximately 5000 genes responsible for many diseases in humans, and had the mental and neurological disorders large share of attention in the field of heritage where Dr. Robert Blomn (one of the leading scientists specialized in the subject of genetic research ..) After reviewing the studies lasted more than 20 years, "the adopted children and twins .... Found that there are inherited for each attribute or human behavior, including conduct disorder, personality, intelligence, schizophrenia, greatness, etc. .... it was found that the genetic influence on these features will be in part, be responsible, where "half of the attribute variables, and this means that the periphery Environment is responsible for the remaining half, therefore emphasized the behavioral genetics studies of contemporary they are more complex than for growth, health and disease (B, Azar, 1997, 28: 5)

***Depression and its theories:***

- 1- Biological theories in the interpretation of depression
- 2- Analytical point of view in the interpretation of depression:
- 3- Learning theories of depression
- 4- Cognitive Theories of Depression.
- 5- Social Cognitive Theory of Depression.
- 6- Inter personal puppetries of Depression
- 7- Behavior Theory.
- 8- phenomenology Theory .
- 9- Neurological Theory.
- 10- Psychodynamic theory of depression.
- 11- Chronic disease theory.
- 12- Chemical - Amino Depression Theory.
- 13- Social Depression theory.

***Theoretical Framework*****B - The Concept of Blood Type**

That the concept of the word class of blood means is the form of interaction on the red blood cells and anti-serum for a particular type of blood, symbolized by the (ABO) and consists of four basic types are (A, B, AB, O) (medical network in English, 2000: 343)

As well as the property of the means used to describe a person's blood, depending on the type of protein on the surface of the red cell (American.depat, 2008:615)

Since time immemorial man knew that the blood is essential for life and that if it has a lot of blood will endanger his life. With the development of science in the nineteenth century and after the development of optical microscope and increase the use turns out that the blood of people is not materially different in terms of appearance they are all composed of the same types of cells from the same plasma, the spectrum, scientists thought that it is possible the transfer of blood from person to person without causing any damage. However, attempts were doomed to failure and most of them died, most who have had a blood transfusion (Wikipedia, 2008).

So when they break out of wars between nations and peoples previously, "he was falling in those wars raging thousands of dead and sometimes millions because of lack of access to treatment for wounded war ..., so the end is often death, and even when you lose one with a large part of his blood and given the blood of an additional One of the donors, it dies immediately, in a scene to draw the attention of scientists, doctors and researchers to the mystery lies behind the blood of every human being is impossible to accept the blood of non-blood (the Middle East, 2008)

After the long and deep researches scientists concluded that there is a type of protein on the surface of red blood cells, called a generator counter, and produces an antigen for gene and the what caused of the previous deaths result of not knowing the reason by the process of blood transfusion, as well as helping professionals to create 26 a classification of blood groups most famous at all, and internationally known ABO)), particularly the world Austrian (Landsteiner), which has conducted a broad study lasted for many years succeeded, during which compared the blood of people with each other and find out the similarities and differences between them and divided people into four groups according to the global system ABO)).

So kind of person inherits this gene from his parents through a mechanism known prospects in genetics (Jervan, 2001: 560).

Blood group system by ABO):-

- 1 - Blood group A.
- 2 - Blood group B.
- 3 - Blood group AB.
- 4 - Blood group O

**Blood group and theories :-**

1 - theory of blood type, food, DAdamo theory

A theory of modern blood type and food where the item (DAdamo) People who eat food according to blood types as shown in the table.

Blood group	Class of person's
<b>Group A</b>	The so-called farmers, as the blood type (A) is believed to be the second type appeared after the blood type (O) and their food will be vegetarian.
<b>Group B</b>	The so-called moderates, where it is believed the blood type (B) accompanying his immune system strong and flexible digestive system is the only class that can deal good amounts of dairy
<b>Group AB</b>	The so-called vague, where blood type (AB) is the latest of the four factions and individuals within the food product is between type (A) and type (B).
<b>Group O</b>	The so-called fishermen, where it is believed that the first class and found the blood of the persons within this product is a high protein (meat), and have the body "digestive" strong ". Type O

(Dadamo, P. 2002, 4: 920).

(Dadamo, P. 2001, 4: 390 - 405).

(Dadamo, P.J., 1996).

**2 -Blood Type & Personality Theory**

A theory are very common in Japan, was adopted by the psychologists, the Japanese about the effect of type of blood on the personal and states (that type of blood for each person determines his personality, temperament, compatibility with others), where it was transferred to this theory some neighboring Asian countries of Japan, such as South Korea and Taiwan as shown in the table :-

Blood group	Personal type
<b>Blood type (A)</b>	The best features / conservative, introvert, the same patient, careful, integrated approach Worst features / obsessive, stubborn, self-interested to the point very, hard . Example: / George W. Bush, Richard Nixon, Adolph Hitler.
<b>Blood type (B)</b>	The best features / creative, emotionally intimate, loving animals, optimistic, Lin, humane Worst features / forgetful, often change their ideas, indifferent, selfish (concerned about the same) Example: / Jack Nicholson, Leonardo Decca Rio, Ichiro Caruso.
<b>Blood type (AB)</b>	The best features / cool, controlled, scientific, rational, introverted, loving . Worst features / and lonely, many of criticism, tenses easily, skimpy. Example: / John F. Kennedy, Thomas Edison, Bob SAP
<b>Blood type (O)</b>	The best features / ambitious, athletic, confident himself, a leading printing. Worst features / a little sensitive, does not think things. Example: / Gerald Fort, Mikhail Kurbachow, Queen Elizabeth II, Ronald Rikan

(Class of blood and its relationship to personality, 2007)

(Sabo, T., 1992, 35 (2) :234-268).

3-The theory of Landsteiner classified blood /Karl Landsteiner blood group theory

4- Blood type theory and genetics: /Blood type & Genetic Theory (Bombay phone type)

For the purpose of data extraction and processing procedures will be reviewed, as follows:-

**1- The research community:-**

Consists of the current research community groups community groups adult males and females of different ages coming to the laboratories of blood in hospitals (Hilla, Morgan, public health laboratory) in the adult population of the Babil province (5000) \*.

**2- Research sample:-**

The sample of current research (1000) Male and female, of whom according to the gender variable (male and female) to type (A) (285) and species (B) (230) and type (AB) (205) and a platoon (O) 280) as if in a supplement (3) and (4) and (5) and (6)

Tested randomly for expatriates to the laboratories of blood in hospitals (Hilla, Morgan, Public Health Laboratory) at the center of the province of Babylon of the community overall as the main blood types (ABO).\*

(The statistics were collected from laboratories AD. Hilla, M. Morgan, public health laboratory) in Babylon . Sample of male and female sex as a variable of the four blood groups As in Table

Total groups	O	AB	B	A	groups
505	140	105	120	140	Male
495	140	100	110	145	Female
1000	280	205	230	285	Total

### 3- Research tools

Includes tools to use the current search scale Aaron T Beck (BDI) for the purpose of achieving the objectives of the research:-

Beck scale for depression (BDI) Beck depression Inventory

For the purpose of achieving the objectives of the present research, the researcher used the Beck Depression Scale and veined expressed by researchers (Alalak and Abbas, 2008: 12) The values of by a panel of experts. And scale as shown in Annex (1) and (2

- Statistical tools:-

1 Pearson correlation coefficient (Person Correlation Coefficient)

2 - Spearman - Brown (Spearman - Brown Coefficient)

3 - The arithmetic mean

4 - Standard deviation

### 4- Search Results:-

This section will display the results of research that have been reached and in accordance with the objectives of educational research as follows: Interpretation of the results

1. Variable of gender and depression for the blood types (A, B, AB, O )

1. 1. Variable of gender and depression among males & females for blood types (A, B, AB, O)

Blood type	O	AB	B	A	Group (male & female)
A = 0.21	0.49	0.44	Zero	0.21	A
B = 0.94	0.86	0.56	0.94		B
AB = 0.95	0.98	0.95			AB
O = 0.96	0.96				O

1. 2. Variable of gender and depression among males for the blood types (A, B, AB, O )

O	AB	B	A	Group male
0.96	0.97	0.98		A
0.91	0.91			B
0.98				AB
				O

1. 3. Variable of gender and depression among females for blood types (A, B, AB, O)

O	AB	B	A	Female group
0.18	0.18	zero		A
0.92	0.95			B
0.99				AB
				O

### Discuss the Results of Research

Results will be discussed and analyzed in accordance with the objectives of the research and educational literature and previous studies as follows:-

#### First: - depression and its relationship with the blood type A

After you apply the measure depression (BDI) to all categories of the society of adults and the expense of their grades on the scale, it became clear that the arithmetic average of the sample of adults on a scale of depression (BDI) as follows:

##### –According to the variable sex to depression of blood type (A):

The average arithmetic (9) degrees, and the standard deviation (2.6) degrees, and the correlation coefficient (0.21) when compared with the correlation coefficient measure of \$ (0.89) degrees, show that there is a clear difference between the liaison for the purpose of standing over the significance of the moral, and indicate the current study that adults (both male and female) in this group in the province of Babylon, there have a few blues. as in Table –

the level of significance (0.05)	degree of freedom	standard deviation	mean Arithmetic	Size of the sample
a weak "and statistically significant	1	2.6	9	285

The results are consistent with the results of many studies and research where other psychiatric illnesses like studies of (Newro psychology, 1983). Which found that students University from blood type (A) have negative relationship with tension this result can be interpreted as adults (male& female) in this group are unaffected with nervous

#### Second: - depression and its relationship to brand of the blood ((B)

After you apply the measure depression (BDI) to all categories of the society of adults and the expense of their grades on the scale, it became clear that the arithmetic average of the sample of adults on a scale of depression (BDI) as follows:

##### - According to the variable sex to depression and blood type (B): -

The average arithmetic mean (14.6) degrees, and the standard deviation (3.3) degrees, and the correlation coefficient (0.94) when compared with the correlation coefficient measure of \$ (0.89) degrees, show that there is no clear difference between the liaison for the purpose of standing over the significance of the moral, and current studies refer that adults (male and female) in this center of Babylon province severe depression. as inTable

the level of significance (0.05)	degree of freedom	standard deviation	mean Arithmetic	Size of the sample
Strong "and statistically significant	1	3:3	14.6	230

This finding corresponds with the results of many studies and scientific research in terms of other psychiatric illnesses such as studying the previous (Neuro psychology, 1983). Which found that college students of a different type of blood (B) have a positive relationship between blood type (B) and tension of each sample Almost was higher proportion of females than males? Can be explained by this result is that adults (both male and female) in this group are infected with tension and the proportion of infected females is higher than the males. As well as the study ((British journal of psychology, 1968 where she classified the blood (B) has a positive relationship statistically significant ( $P < 0.5$ ) in patients with depression who have a positive family history of affective disorders in relatives of first-class more than the rest of the items. As well as study (Gumessm C., 1998) which showed a clear appearance and the blood type (B) and its relationship to worry about each sample.

#### Third: - Depression and its relationship to the blood type ((AB)

After applying depression measure (BDI) to all categories of the society of adults and the expense of their grades on the scale, it became clear that the arithmetic average of the sample of adults on a scale of depression (BDI) as follows: -

### - According to the variable sex to depression and blood type (AB): -

The average arithmetic (17) degrees, and the standard deviation (3.6) degrees, and the correlation coefficient (0.95) when compared with the correlation coefficient measure of \$ (0.89) degrees, show that there does not have a clear difference between the liaison for the purpose of standing over the significance of the moral, and current studies refer to that adults (both male and female) in this Babylon province they have severe depression. as in Table

the level of significance (0.05)	degree of freedom	standard deviation	mean Arithmetic	Size of the sample
Strong "and statistically significant	1	3:6	17	205

As no studies and scientific research for a previous illness depression plant or other psychiatric illnesses can be compared with the current study.

### Fourth: - Depression and its relationship to brand of the blood ((O): -

After you apply the measure depression (BDI) to all categories of the society of adults and the expense of their grades on the scale, it became clear that the arithmetic average of the sample of adults on a scale of depression (BDI) as follows:

### - According to the variable sex to depression and blood type (O): -

The average arithmetic mean (16.6) degrees, and the standard deviation (3.5) degrees, and the correlation coefficient (0.96) when compared with the correlation coefficient measure of \$ (0.89) degrees, show that there does not have a clear difference between the liaison for the purpose of standing over the significance of the moral, and current study refers that Adults (male& female) in this group in the province of Babylon, there have severe depression. As in the table

the level of significance (0.05)	degree of freedom	standard deviation	mean Arithmetic	Size of the sample
Strong "and statistically significant	1	3:5	16.6	280

As in the study (Gumessm C., 1998), which was the emergence of a clear blood type (O) and its relationship to anxiety and a statistically significant and there was a type of genetic disorders linked to an effective bilateral and it was linked to a string for the type of blood type (O).

### Conclusions

In the light of the results of research, the researcher to the following conclusions:-

- 1- The adult female & male in center of Babylon varieties blood ((A, B, AB, O) have a sensitivity strong blues
- 2- The adult female in center of Babylon blood type (A) No to have depression

### Recommendation :

In light of the findings of the research, the researcher recommends the following- :

- 1-The emergence of high results of the test indicates the presence of an urgent need for the community, especially ornaments and Iraq in general to discuss ways to the advancement of the psychological education and mental health in the country.
- 2-governmental organizations need to find Officer centers for social welfare to support patients with depression and other mental illnesses, materially and morally, socially and educationally.
- 3-necessity of the existence of institutions and specializedOffice to follow psychological state in general and depression in particular, whether the students staff or with professions and trades.
- 4-the need for all state institutions in collaboration with civil society organizations to educate the community educationally, socially and health.
- 5-need to create educational and cultural programs for staff in government departments and all the students on how to deal with patients with depression and find ways to help them socially and educationally less effort and healthy educational institutions and in cooperation with specialists, researchers and counselors and doctors.



- 6-support and the creation of specialized centers for the diagnosis of depression disease and early treatment to find him.
- 7- need to find a tourist resorts and recreational parks to dispel the psychological state of the people living with depression in particular.
- 8-need to create educational and cultural programs for the families of people with mental illness in general and depression in particular on how to deal well with confidence and enhance mental patient.
- 9-a joint body of the Ministry of Education, Health and Education dealing with mental health to create specialized and guidance and rehabilitation centers to reduce the severity and impact of the many psychological stress and mental illness on society and the creation of the available solutions physically, socially and medically to reduce the incidence of mental illness.
10. Encourage researchers and specialists in psychological and medical field to conduct scientific research, whether psychological or medical and active participation for the purpose of reducing mental illnesses and to provide financial and moral support to them for the prosperity of the mental state and mood of each member of the Iraqi society.
11. The role of parents in the household to reduce psychological distress among its members for the avoidance of mental illness, especially depression and contemporary future.
12. Create jobs for the unemployed, especially the youth.

### **Proposals-**

Complement "to research suggests researcher Following -

- 1- conducting a similar study with a side of mood (mania) and its relationship to variety in the blood.
- 2-conduct a similar study on the community ornaments especially Iraq and generally with other psychological variables (such as anxiety, tension, fear, etc.(...
- 3-conduct a similar study on other variables (such as age, professional compatibility.(
- 4-adoption Beck test for depression translated into Arabic and streaky to measure depression in the Arab countries in general and Iraq in particular by researchers to present and future ability to measurement and diagnosis of depression.
- 5-further studies, including the psychological field and experimental research community in general and especially ornaments Iraqi about psychological problems and other psychiatric diseases and to develop solutions to them.
- 6-conducting a similar study of other features of the community, especially ornaments and Iraq in general with other psychological variables, whether they are students or employees or owners of trades and professions to see reservoirs psychological pressure on them.
- 7-conduct a similar study on widows and divorcees.
- 8-A similar study on male or female, who diagnosed depression disease to know their blood groups.

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- (BDI ) Back scale original



Date: \_\_\_\_\_

Name: \_\_\_\_\_ Marital Status: \_\_\_\_\_ Age: \_\_\_\_\_ Sex: \_\_\_\_\_

Occupation: \_\_\_\_\_ Education: \_\_\_\_\_

This questionnaire consists of 21 groups of statements. After reading each group of statements carefully, circle the number (0, 1, 2 or 3) next to the one statement in each group which best describes the way you have been feeling the past week, including today. If several statements within a group seem to apply equally well, circle each one. Be sure to read all the statements in each group before making your choice.

- 1 0 I do not feel sad.
- 1 1 I feel sad.
- 1 2 I am sad all the time and I can't snap out of it.
- 1 3 I am so sad or unhappy that I can't stand it.

- 2 0 I am not particularly discouraged about the future.
- 2 1 I feel discouraged about the future.
- 2 2 I feel I have nothing to look forward to.
- 2 3 I feel that the future is hopeless and that things cannot improve.

- 3 0 I do not feel like a failure.
- 3 1 I feel I have failed more than the average person.
- 3 2 As I look back on my life, all I can see is a lot of failures.
- 3 3 I feel I am a complete failure as a person.

- 4 0 I get as much satisfaction out of things as I used to.
- 4 1 I don't enjoy things the way I used to.
- 4 2 I don't get real satisfaction out of anything anymore.
- 4 3 I am dissatisfied or bored with everything.

- 5 0 I don't feel particularly guilty.
- 5 1 I feel guilty a good part of the time.
- 5 2 I feel quite guilty most of the time.
- 5 3 I feel guilty all of the time.

- 6 0 I don't feel I am being punished.
- 6 1 I feel I may be punished.
- 6 2 I expect to be punished.
- 6 3 I feel I am being punished.

- 7 0 I don't feel disappointed in myself.
- 7 1 I am disappointed in myself.
- 7 2 I am disgusted with myself.
- 7 3 I hate myself.

- 8 0 I don't feel I am any worse than anybody else.
- 8 1 I am critical of myself for my weaknesses or mistakes.
- 8 2 I blame myself all the time for my faults.
- 8 3 I blame myself for everything bad that happens.

- 9 0 I don't have any thoughts of killing myself.
- 9 1 I have thoughts of killing myself, but I would not carry them out.
- 9 2 I would like to kill myself.
- 9 3 I would kill myself if I had the chance.

- 10 0 I don't cry any more than usual.
- 10 1 I cry more now than I used to.
- 10 2 I cry all the time now.
- 10 3 I used to be able to cry, but now I can't cry even though I want to.

- 11 0 I am no more irritated now than I ever am.
- 11 1 I get annoyed or irritated more easily than I used to.
- 11 2 I feel irritated all the time now.
- 11 3 I don't get irritated at all by the things that used to irritate me.

- 12 0 I have not lost interest in other people.
- 12 1 I am less interested in other people than I used to be.
- 12 2 I have lost most of my interest in other people.
- 12 3 I have lost all of my interest in other people.

- 13 0 I make decisions about as well as I ever could.
- 13 1 I put off making decisions more than I used to.
- 13 2 I have greater difficulty in making decisions than before.
- 13 3 I can't make decisions at all anymore.

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<p><b>14</b> 0 I don't feel I look any worse than I used to.  1 I am worried that I am looking old or unattractive.  2 I feel that there are permanent changes in my appearance that make me look unattractive.  3 I believe that I look ugly.</p>	<p><b>19</b> 0 I haven't lost much weight, if any, lately.  1 I have lost more than 5 pounds.  2 I have lost more than 10 pounds.  3 I have lost more than 15 pounds.</p>
<p><b>15</b> 0 I can work about as well as before.  1 It takes an extra effort to get started at doing something.  2 I have to push myself very hard to do anything.  3 I can't do any work at all.</p>	<p>I am purposely trying to lose weight by eating less. Yes _____ No _____</p> <p>TPC 0528-003 29 30 B C D E</p> <p><b>20</b> 0 I am no more worried about my health than usual.  1 I am worried about physical problems such as aches and pains; or upset stomach; or constipation.  2 I am very worried about physical problems and it's hard to think of much else.  3 I am so worried about my physical problems that I cannot think about anything else.</p>
<p><b>16</b> 0 I can sleep as well as usual.  1 I don't sleep as well as I used to.  2 I wake up 1-2 hours earlier than usual and find it hard to get back to sleep.  3 I wake up several hours earlier than I used to and cannot get back to sleep.</p>	<p><b>21</b> 0 I have not noticed any recent change in my interest in sex.  1 I am less interested in sex than I used to be.  2 I am much less interested in sex now.  3 I have lost interest in sex completely.</p>
<p><b>17</b> 0 I don't get more tired than usual.  1 I get tired more easily than I used to.  2 I get tired from doing almost anything.  3 I am too tired to do anything.</p> <p><b>18</b> 0 My appetite is no worse than usual.  1 My appetite is not as good as it used to be.  2 My appetite is much worse now.  3 I have no appetite at all anymore.</p>	

\_\_\_\_\_ Subtotal Page 2

\_\_\_\_\_ Subtotal Page 1

\_\_\_\_\_ Total Score

TPC 0528-003

29 30 B C D E