

CLSA Approved Project

Applicant

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Project Title

Characterization of depression subtypes and their stability over time in middle-aged and older adults

Project Summary

Depression is known for its multifaceted causes (i.e. psychosocial and biological) and its complex clinical profiles. These factors further complicate efforts to understand its causes. Life stress events, such as adverse childhood experiences, intimate partner violence, discrimination, and chronic stress, are risk factors for depression. Middle-aged and older adults have unique sets of stressors compared to younger adults, such as retirement and loss. Research suggests that life stress events may influence physiological stress response over time, leading to poor physical and mental health outcomes. Using baseline data from the Canadian Longitudinal Study on Aging (CLSA), we will investigate subtypes of depression, and their association with cumulative life stress events as well as objective measures of these stressors (i.e. physiological markers). Using the longitudinal data from the CLSA three-year follow-up and COVID-19 study, we will investigate how depression profiles may change over time.

Keywords

Allostatic load, Depression, Life stress, Risk characterization