Explanatory model for the prevention of the onset of depression in primary care

**Internal Factors**
- Age-sex
- Gene factors
- Education level
- Personality
- Coping style
- Quality of life (physical & mental)

**External Factors**
- Social support
- Stressful events

**Activation Empowerment**

- Perception of self-efficacy
- Attitudinal and behavioral change

**Preventing major depression**

**Patient**

- New interaction (3)

**Family Physician**

- Prior interaction
- Booklet (4)
- Information on patient’s level & risk profile (2)

**Internal Factors**
- Age-sex
- Personality
- Job satisfaction
- Psychosocial orientation
- Preventive orientation

**External Factors**
- Work stress
- Time per patient
- Health Centre Team support

**Training (1)**

- Information on patient’s level & risk profile (2)
- New interaction (3)
- Booklet (4)