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4PF model of risk factors that contribute to the development & progression of a mental condition.

Extends the duration of a mental condition & inhibits the recovery.

Perpetuating factors

- Biological
 - Poor response to medication
- Psychological
 - Rumination
 - Repeatedly thinking about situations that are upsetting
 - Impaired memory & reasoning
- Social
 - Stigma as a barrier to accessing treatment
 - Poverty/low socioeconomic status

Increase the susceptibility to the development of a mental condition

Predisposing risk factors

- Biological
 - Genetics
 - Brain chemistry
 - Medical condition
- Psychological
 - Personality
 - Poor self-efficacy
 - A lack of confidence in one's ability to exert control over their behaviour and social environment
- Social
 - Disorganised attachment
 - Cause: the inability to form a secure attachment during childhood due to neglect/ abuse
 - Effect: during adolescence/ adulthood the person may experience social and emotional difficulties characterised by an inability to form trusting/meaningful relationships

Both increases susceptibility & contributes to the occurrence of a mental condition

Precipitating factors

- Biological
 - Long-term medication use
- Psychological
 - Stress
- Social
 - Loss of significant relationship

Prevents the occurrence or reoccurrence of a mental condition

Protective factors

- Biological
 - Good diet
 - Good sleep hygiene
 - Maintaining fitness
 - Preventing alcohol/drug abuse
- Psychological
 - Awareness of condition/warning signs
 - CBT strategies
 - Resilience
- Social
 - Support groups
 - Support from family/friends
 - Psychoeducation