

Testing Causal Model of Depression Based on the Components of Subscales Lifestyle with Mediation of Social Health

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Abstract : The lifestyle of individuals is important and determinant for the status of psychological and social health. Recently, especially in developed countries, the relationship between lifestyle and mental illnesses, including depression, has attracted the attention of many people. In order to test the causal model of depression based on lifestyle with mediation of social health in the study, basic and applied methods were used in terms of objective and descriptive-field as well as the data collection. **Methods:** This study is a basic research type and is in the framework of correlational plans. In this study, the population includes all adults in Ahwaz city. A randomized, multistage sampling of 384 subjects was selected as the subjects. Accordingly, the data was collected and analyzed using structural equation modeling. **Results:** In data analysis, path analysis indicated the confirmation of the assumed model fit of research. This means that subscales lifestyle has a direct effect on depression and subscales lifestyle through the mediation of social health which in turn has an indirect effect on depression. **Discussion and conclusion:** According to the results of the research, the depression can be used to explain the components of the lifestyle and social health.

Keywords : depression, subscales lifestyle, social health, causal model

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