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Identity Confusion as a Depression Vulnerability Factor in Korean High School Students

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The main cause of depression symptoms is not negative events that occur in the external world, but negative cognitions that arise in the internal world. Our research assumption was as follows: identity confusion is caused by negative and positive self cognitions during adolescence when self identity has to be established. A questionnaire study was conducted with 543 high school students in Korea. Covariance structural analyses revealed causes that could explain some of their depression. Identity confusion, which was caused in the process of establishing self identity, affected both negative and positive self cognitions, and then negative self cognition appeared to generate depression. Therefore, we may be justified to conclude that identity confusion was a vulnerability factor of depression in adolescence.

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