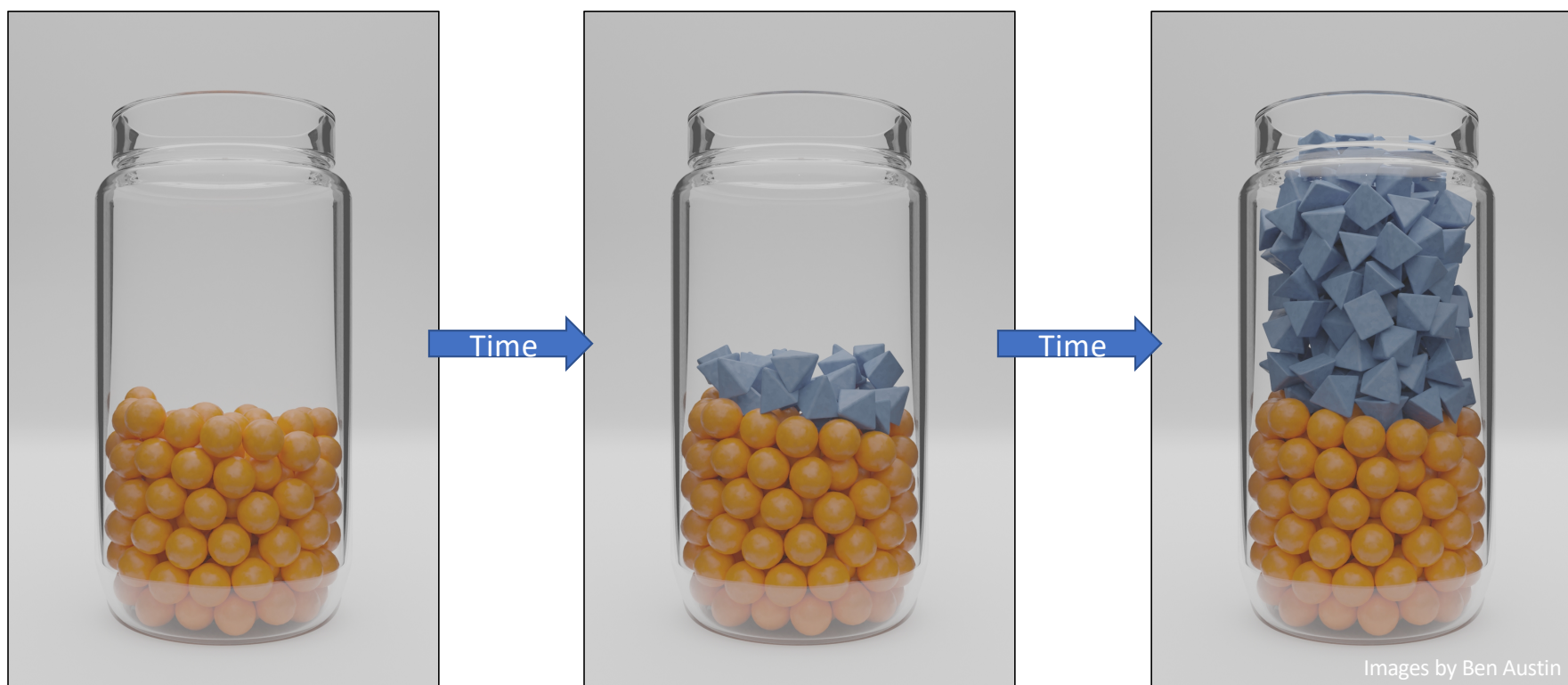


Mental illness jars

Everyone has a “mental illness jar”

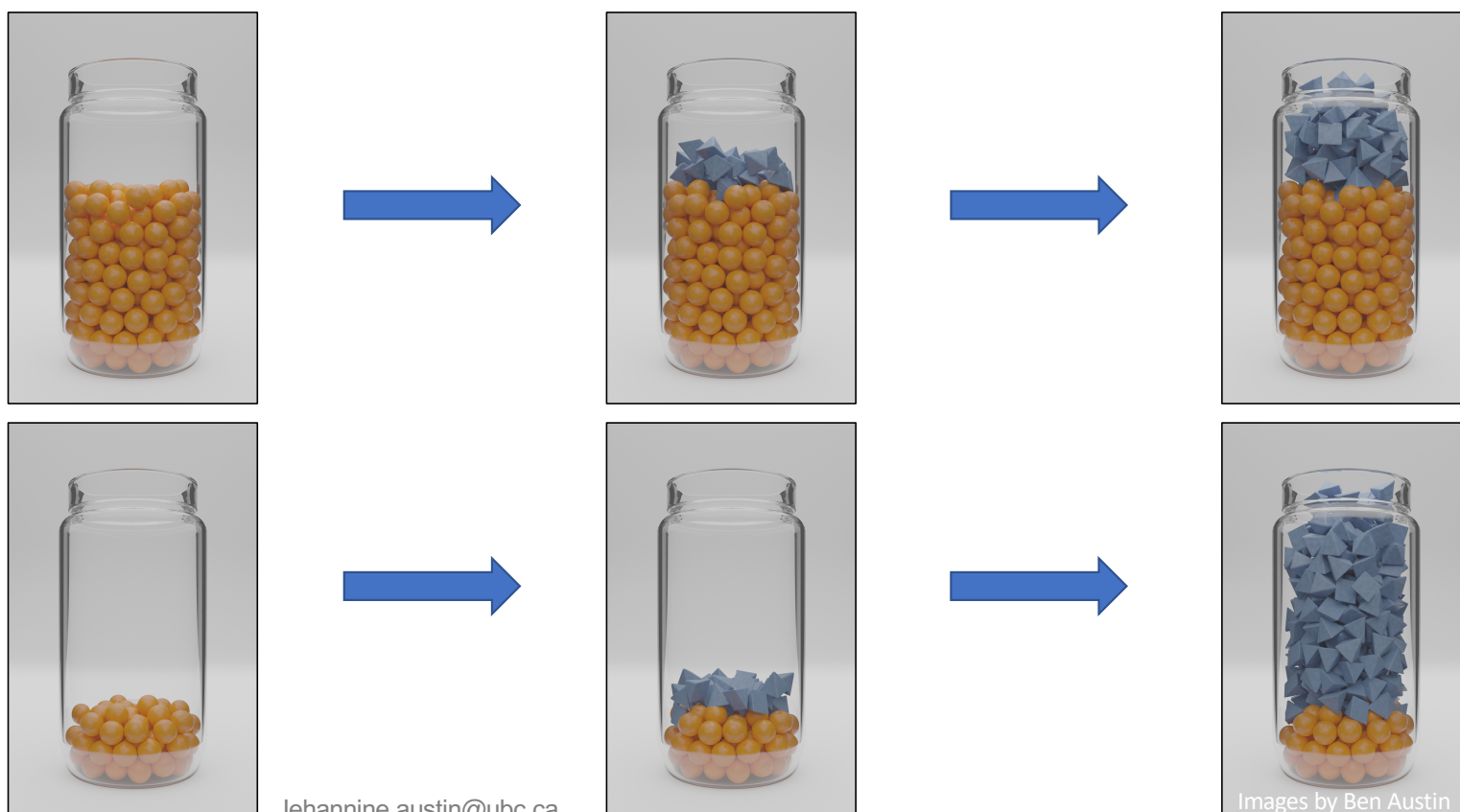


An episode of mental illness happens when the jar fills to the top

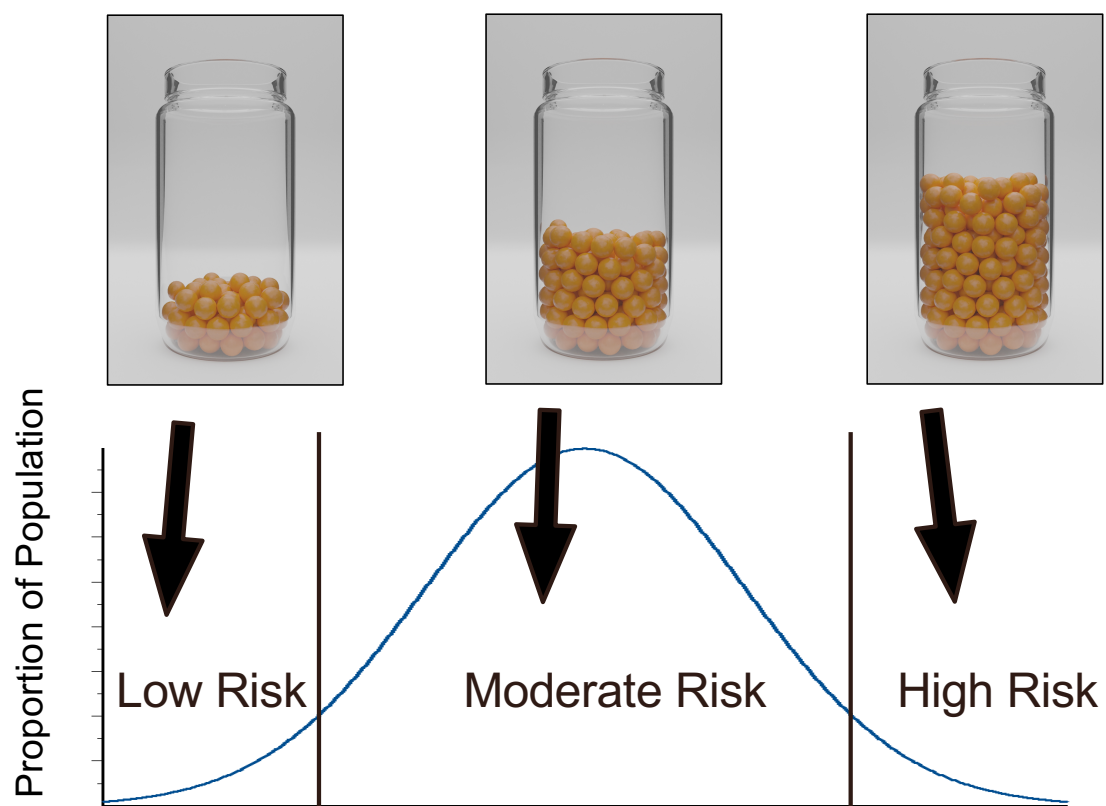


Images by Ben Austin

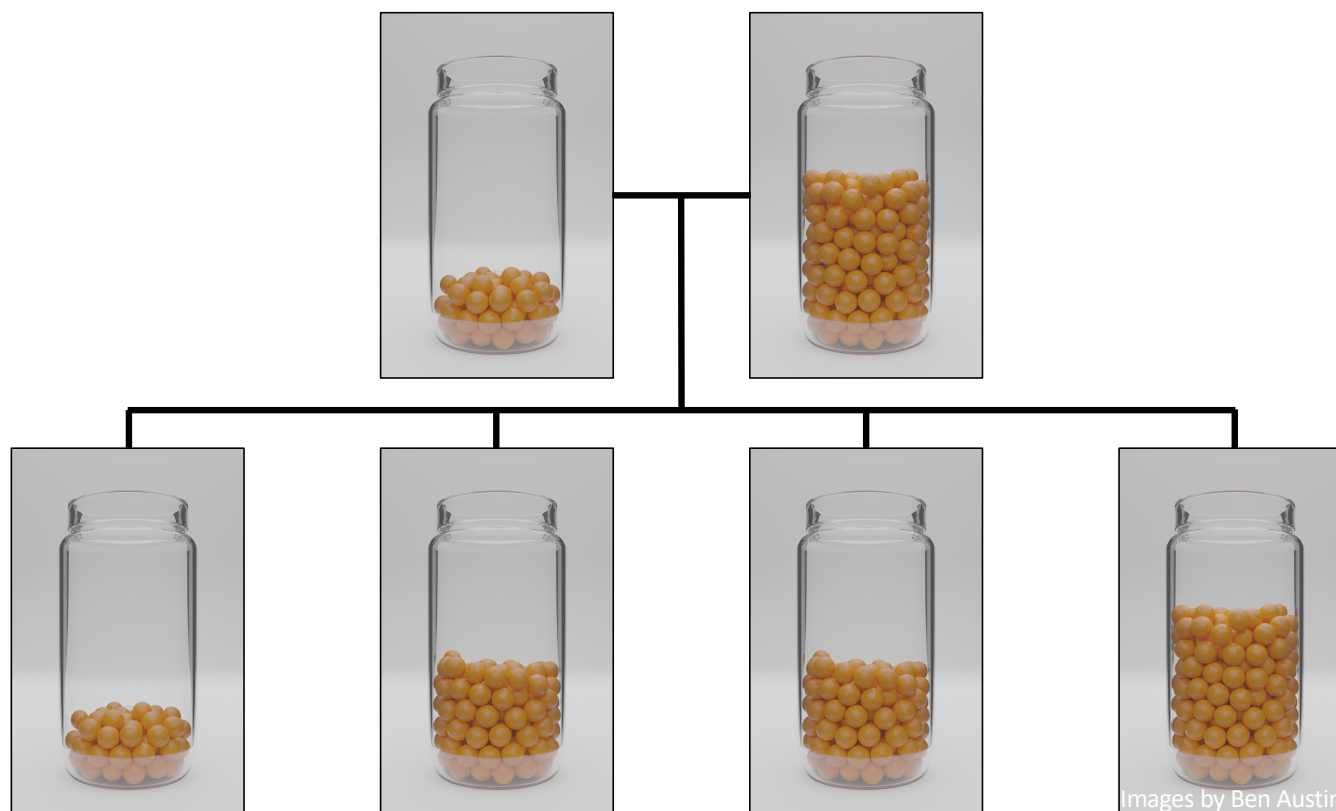
Mental illnesses can arise as a result of different combinations of genetic and environmental factors



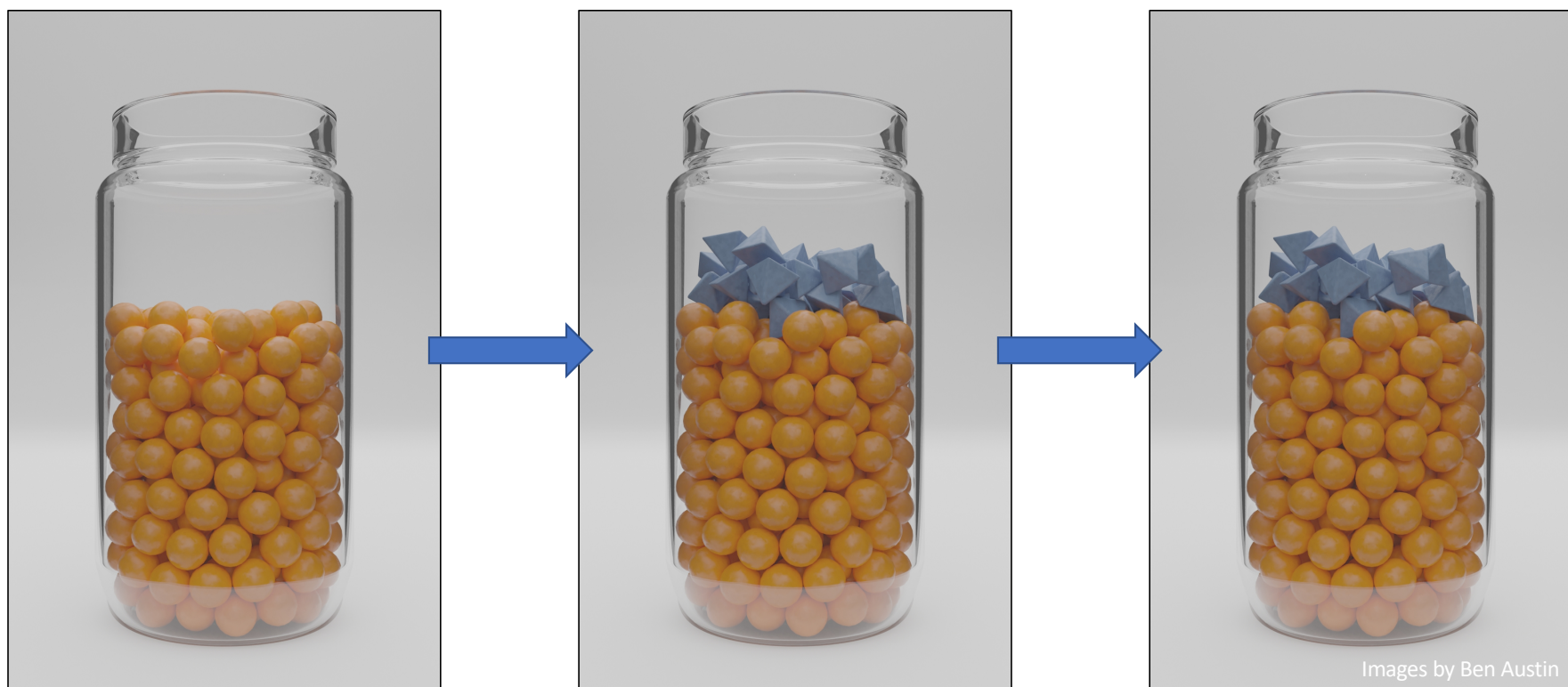
Everyone has some genetic vulnerability to mental illness



We can inherit *vulnerability* to mental illness,
not mental illness itself

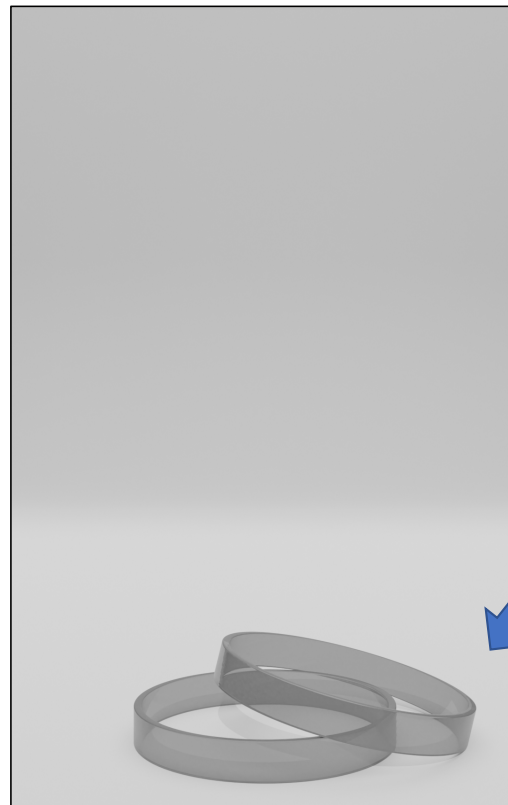


We can have a lot of genetic vulnerability,
but no mental illness



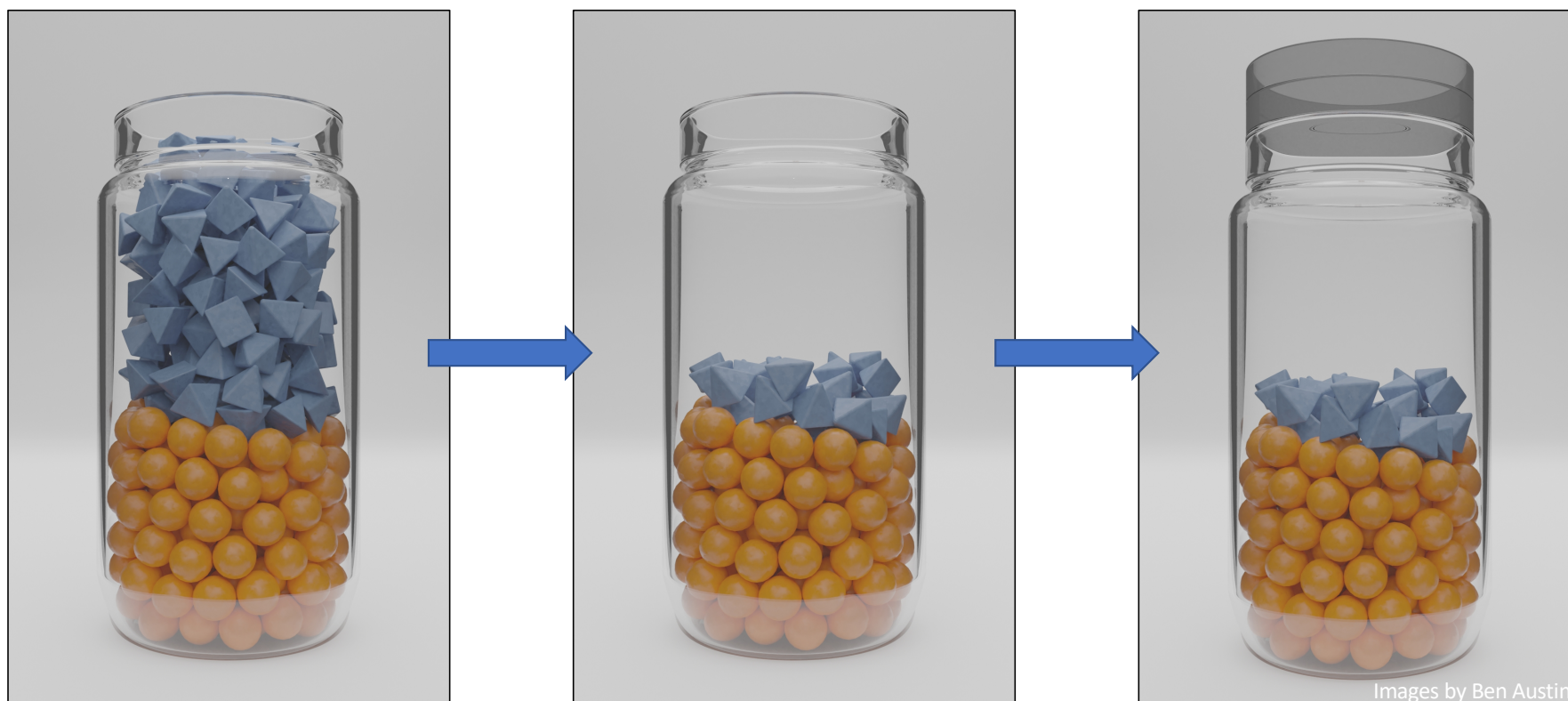
Images by Ben Austin

Protective factors can make a jar taller



Protective factors can stack on top of the jar to make it taller

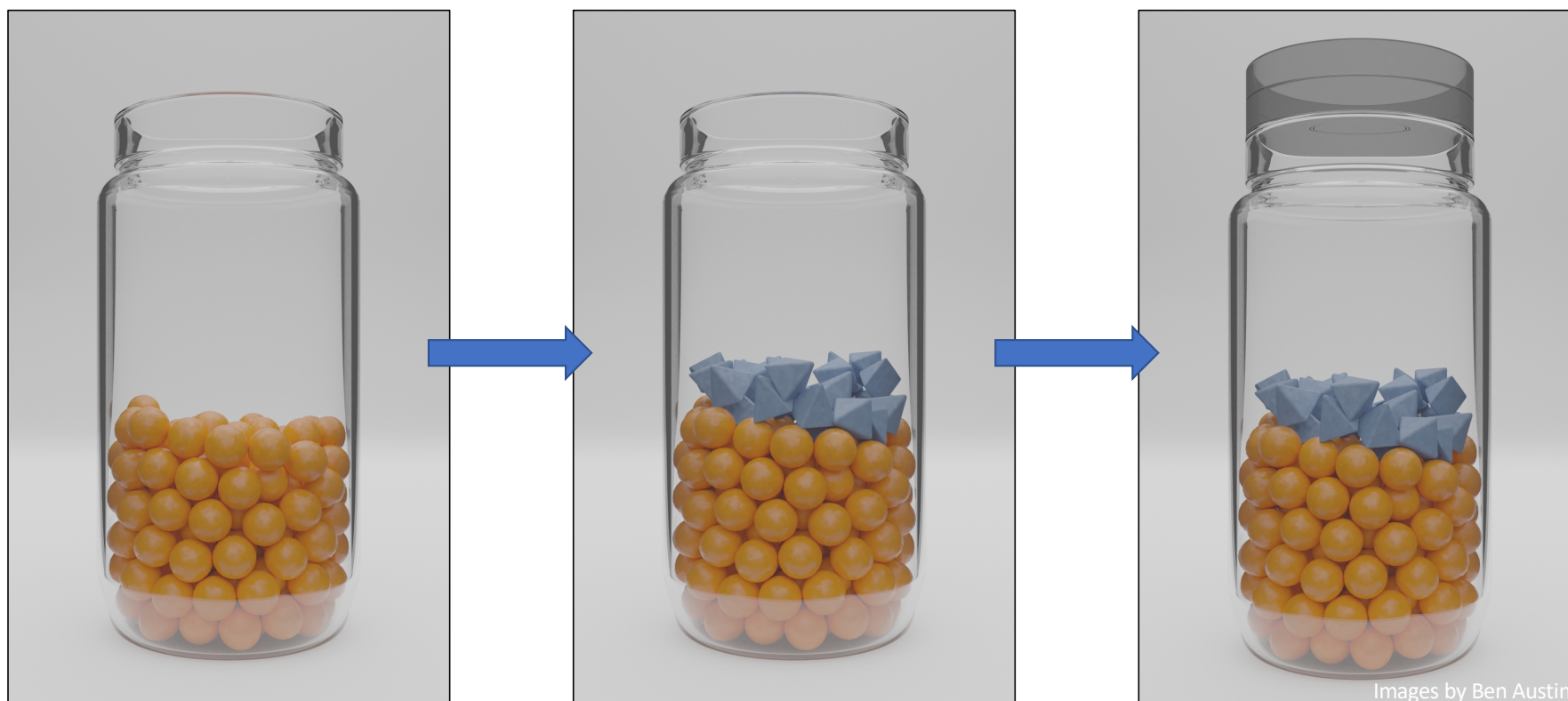
Recovery from an episode of mental illness: making a jar taller with “protective factors”



Jehannine.austin@ubc.ca

Images by Ben Austin

Protecting mental health before an episode of illness occurs



Jehannine.austin@ubc.ca

Images by Ben Austin

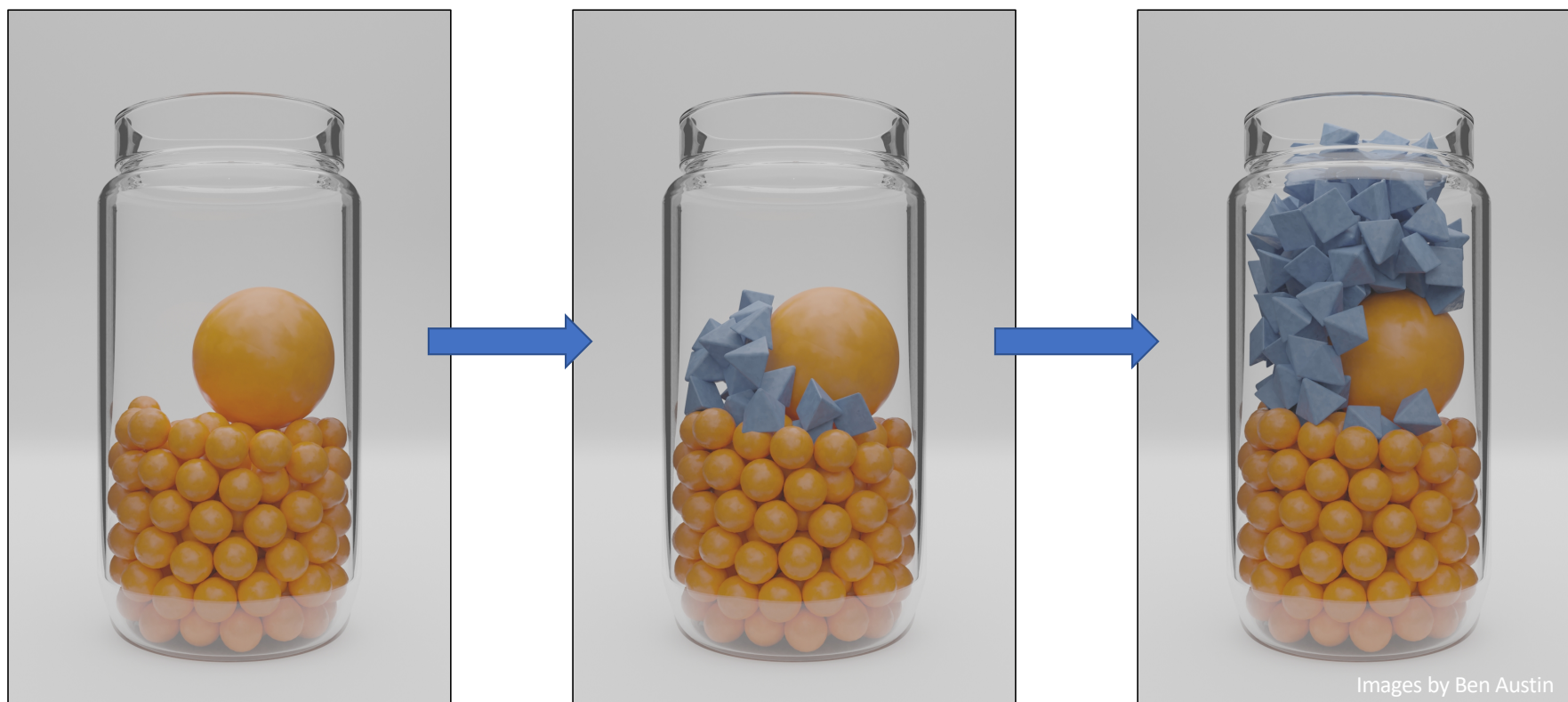
CNV Mental illness jars

Everyone has a “mental illness jar”



Jehannine.austin@ubc.ca

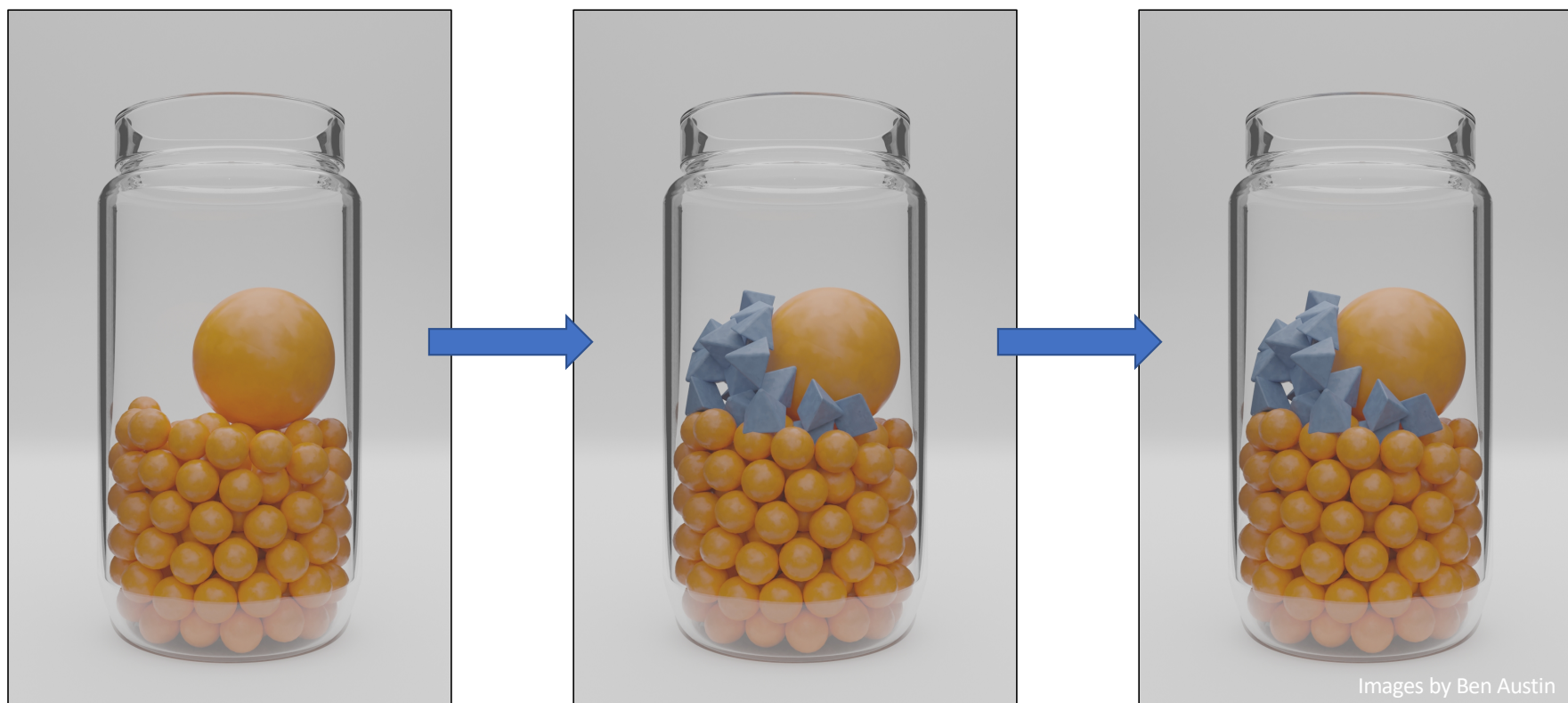
An episode of mental illness happens when the jar fills to the top



Jehannine.austin@ubc.ca

Images by Ben Austin

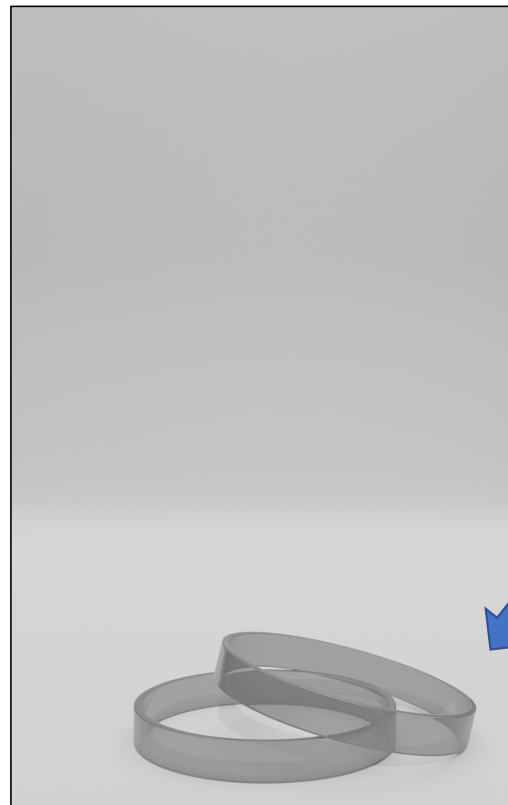
We can have a lot of genetic vulnerability,
but no mental illness



Jehannine.austin@ubc.ca

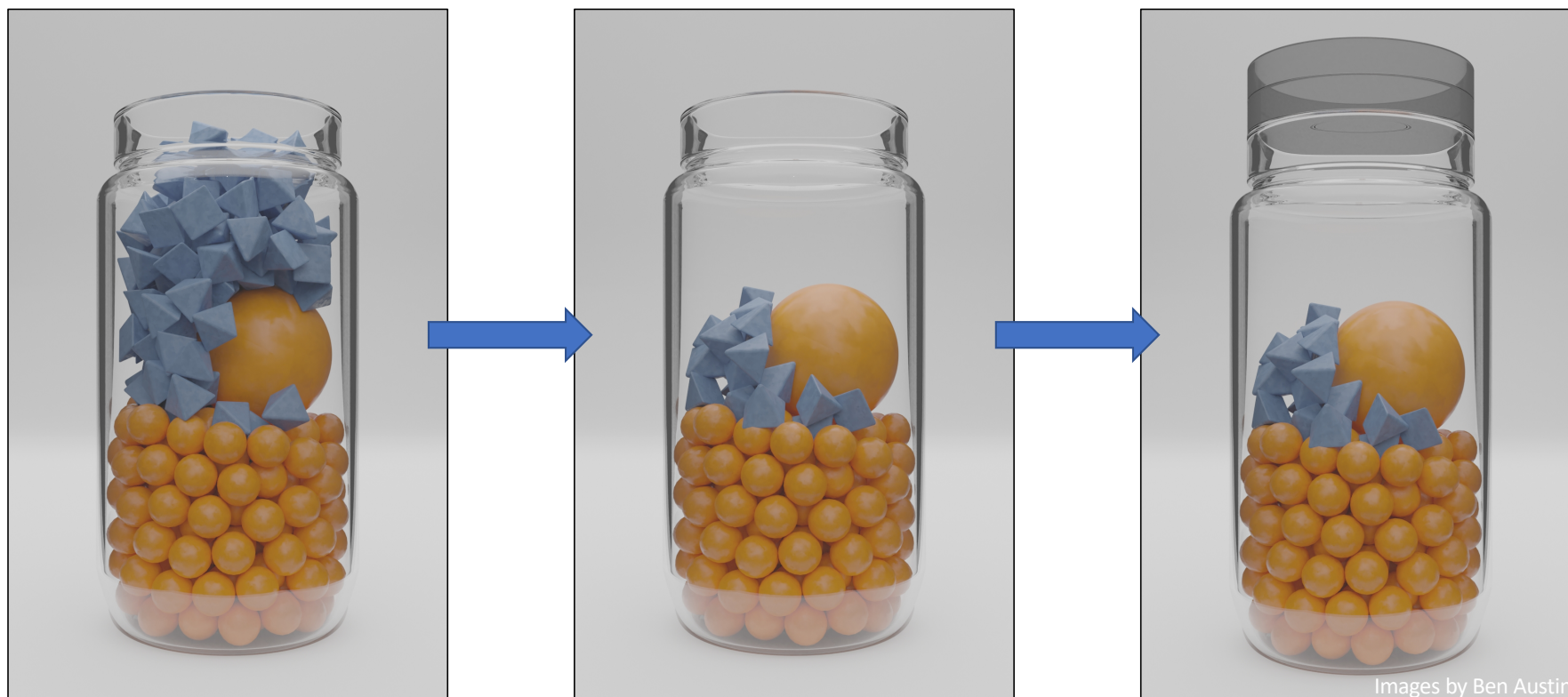
Images by Ben Austin

Protective factors can make a jar taller



Protective factors can stack on top of the jar to make it taller

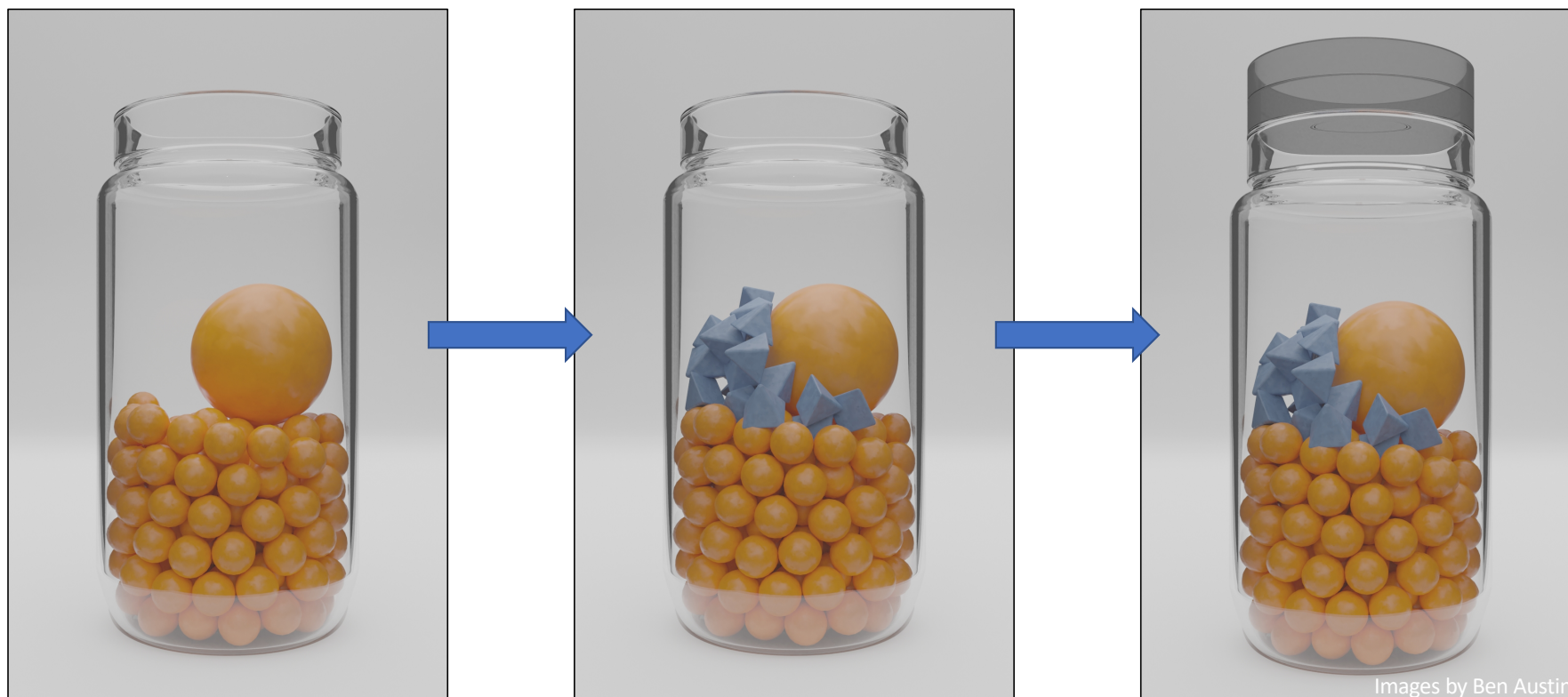
Recovery from an episode of mental illness: making a jar taller with “protective factors”



Jehannine.austin@ubc.ca

Images by Ben Austin

Protecting mental health before an episode of illness occurs



Jehannine.austin@ubc.ca

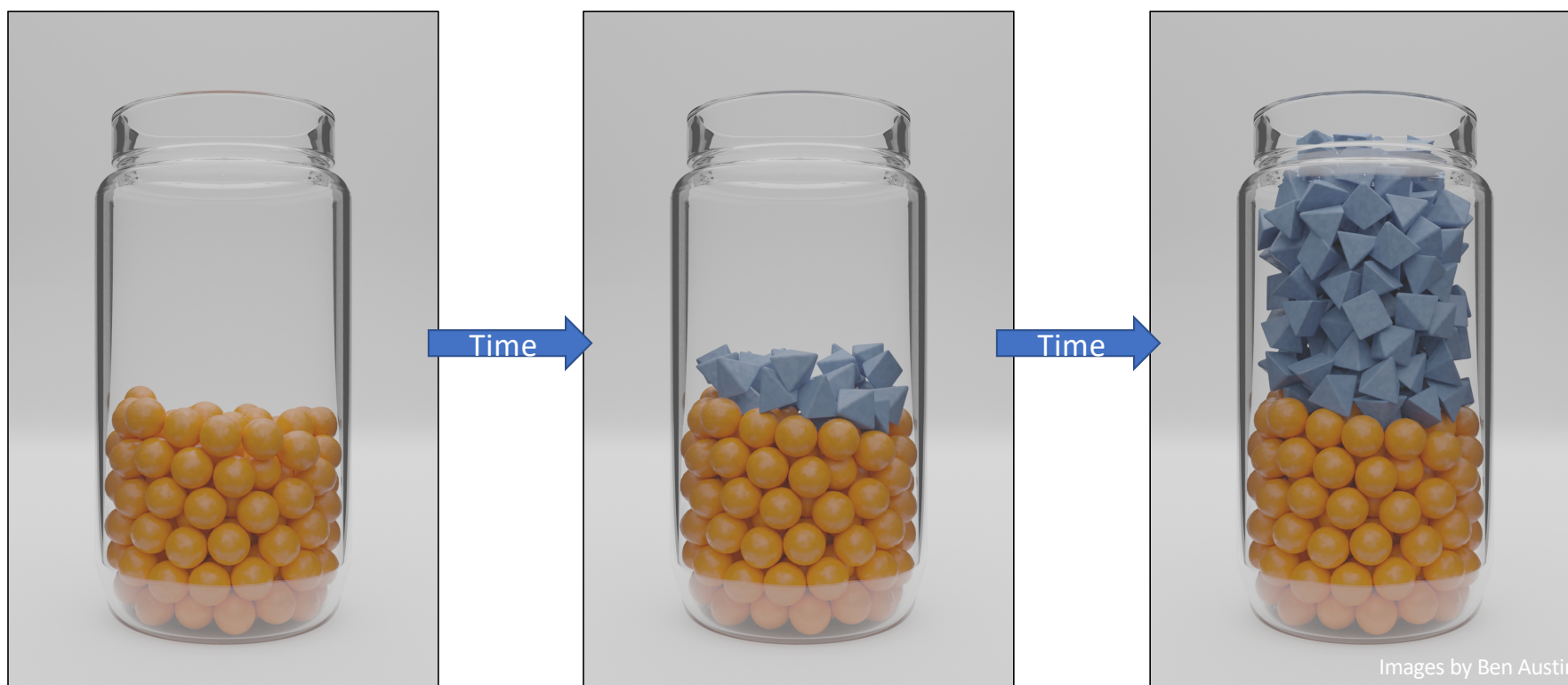
Images by Ben Austin

Major events
Mental illness jars

Everyone has a “mental illness jar”

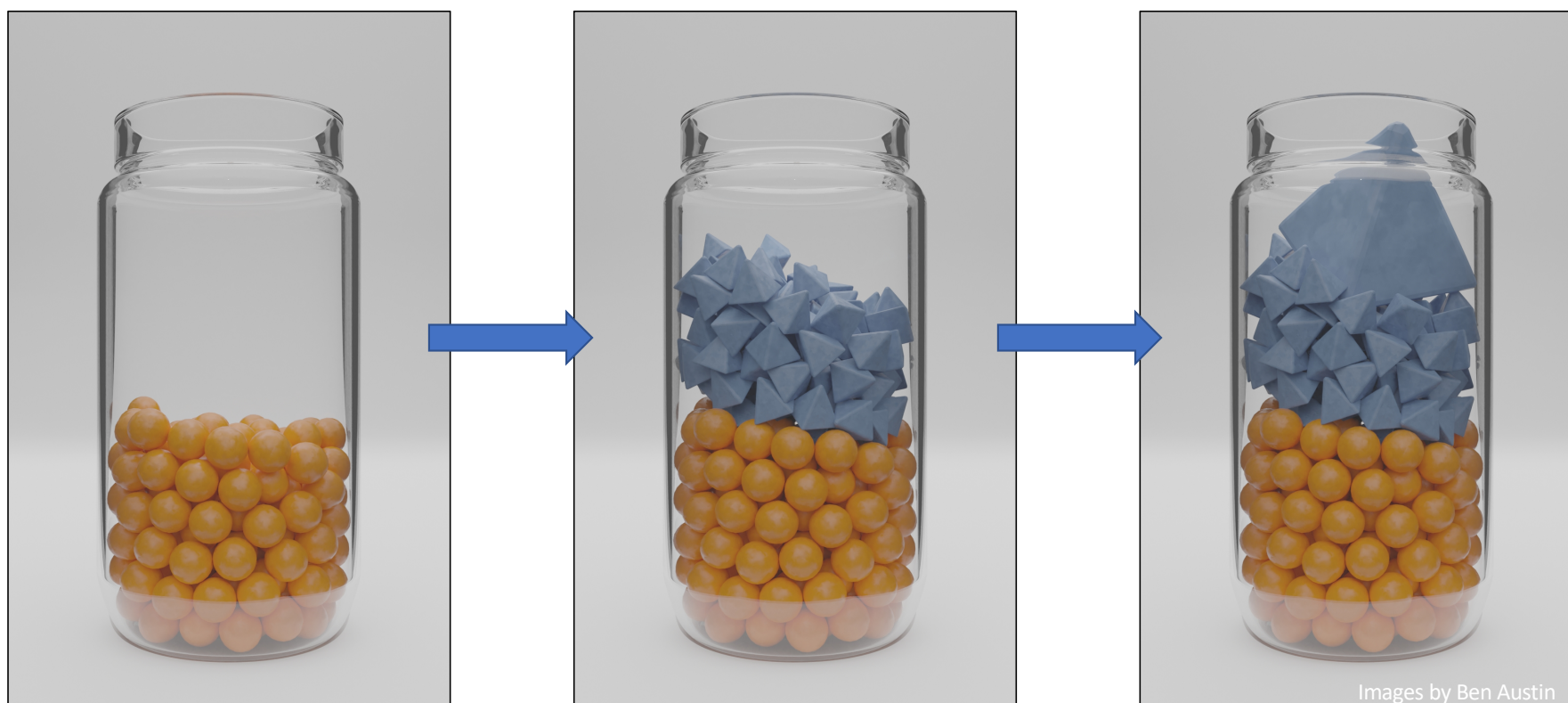


An episode of mental illness happens when the jar fills to the top



Images by Ben Austin

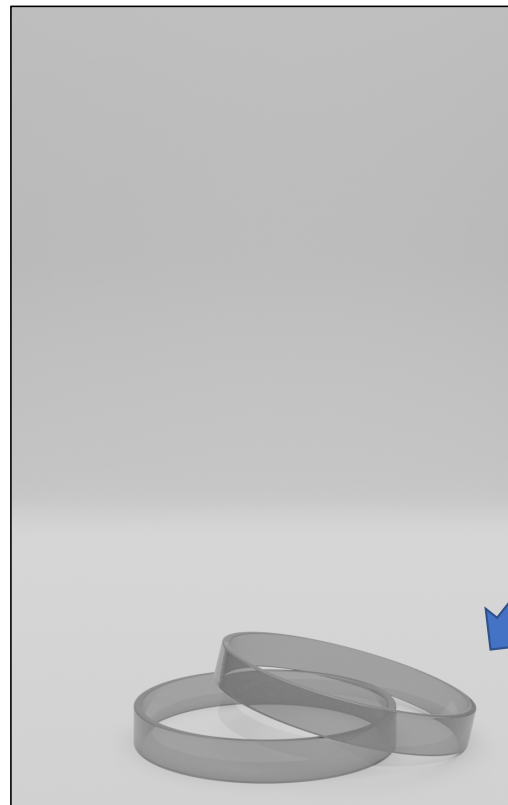
Some events can have a big impact on our vulnerability



Jehannine.austin@ubc.ca

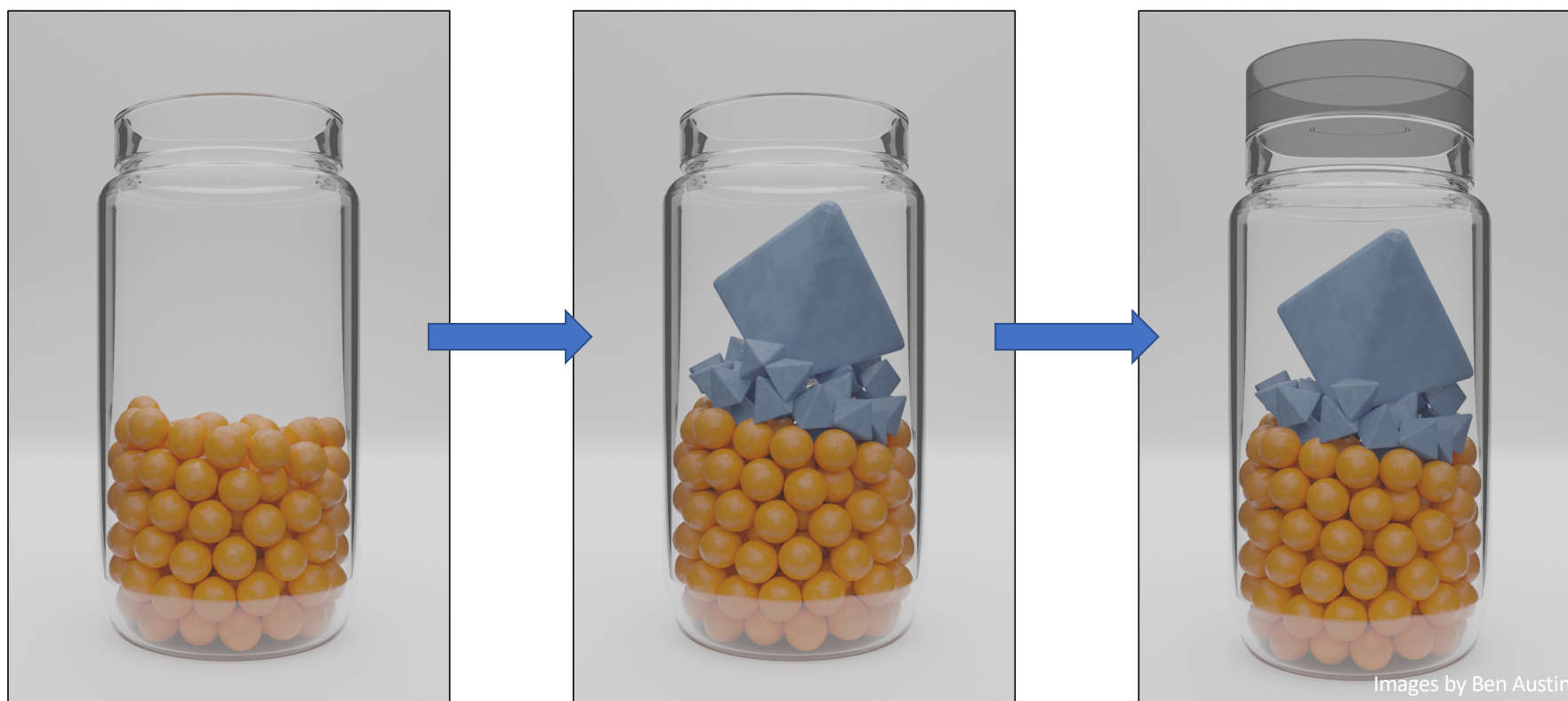
Images by Ben Austin

Protective factors can make a jar taller

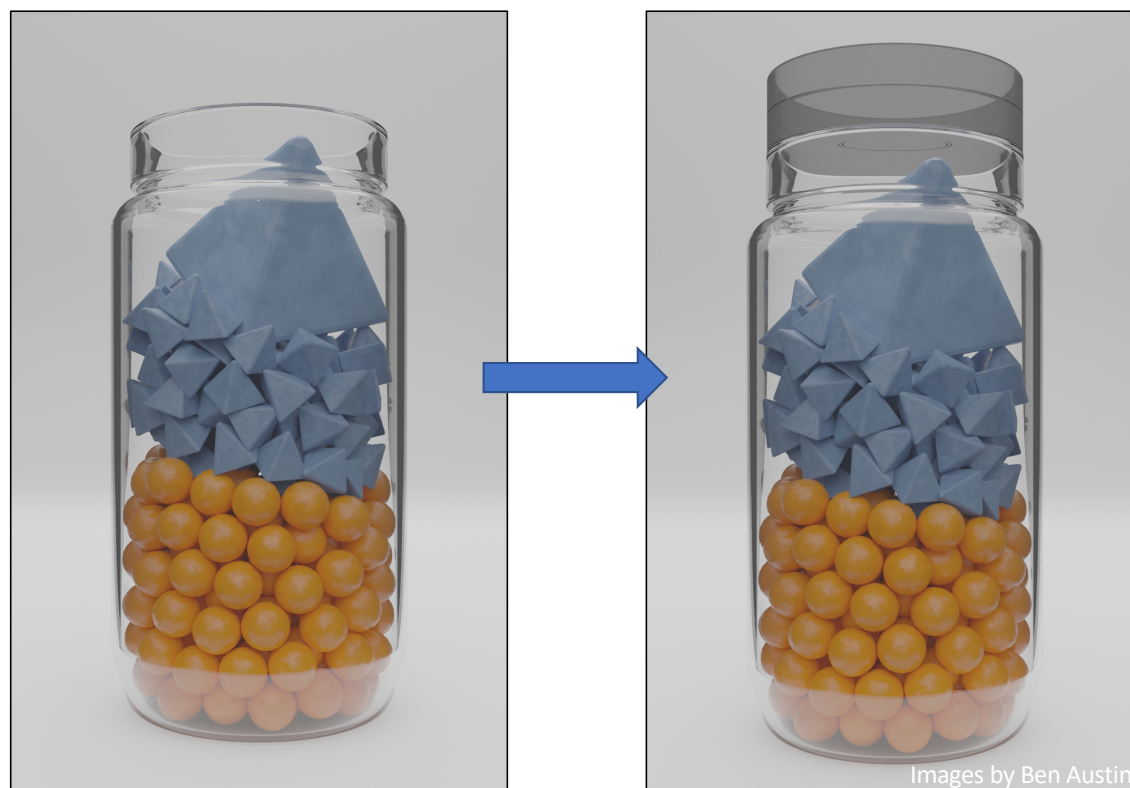


Protective factors can stack on top of the jar to make it taller

Protecting mental health before an episode of illness occurs

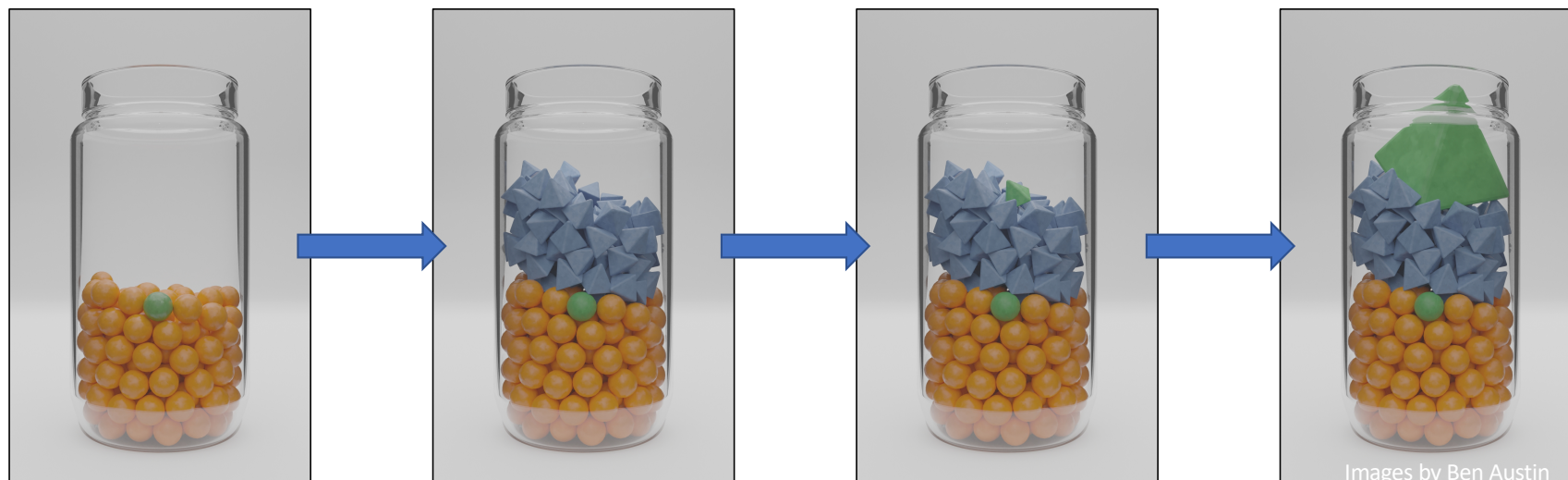


Recovery from an episode of mental illness: making a jar taller with “protective factors”

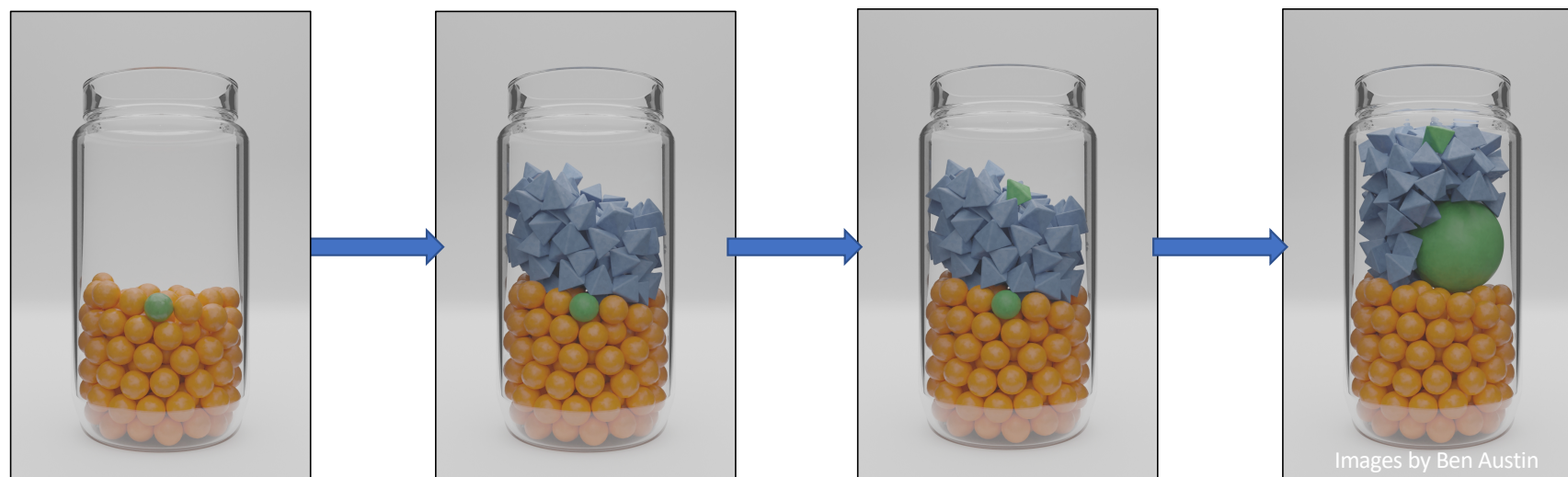


Gene x environment interaction
Mental illness jars

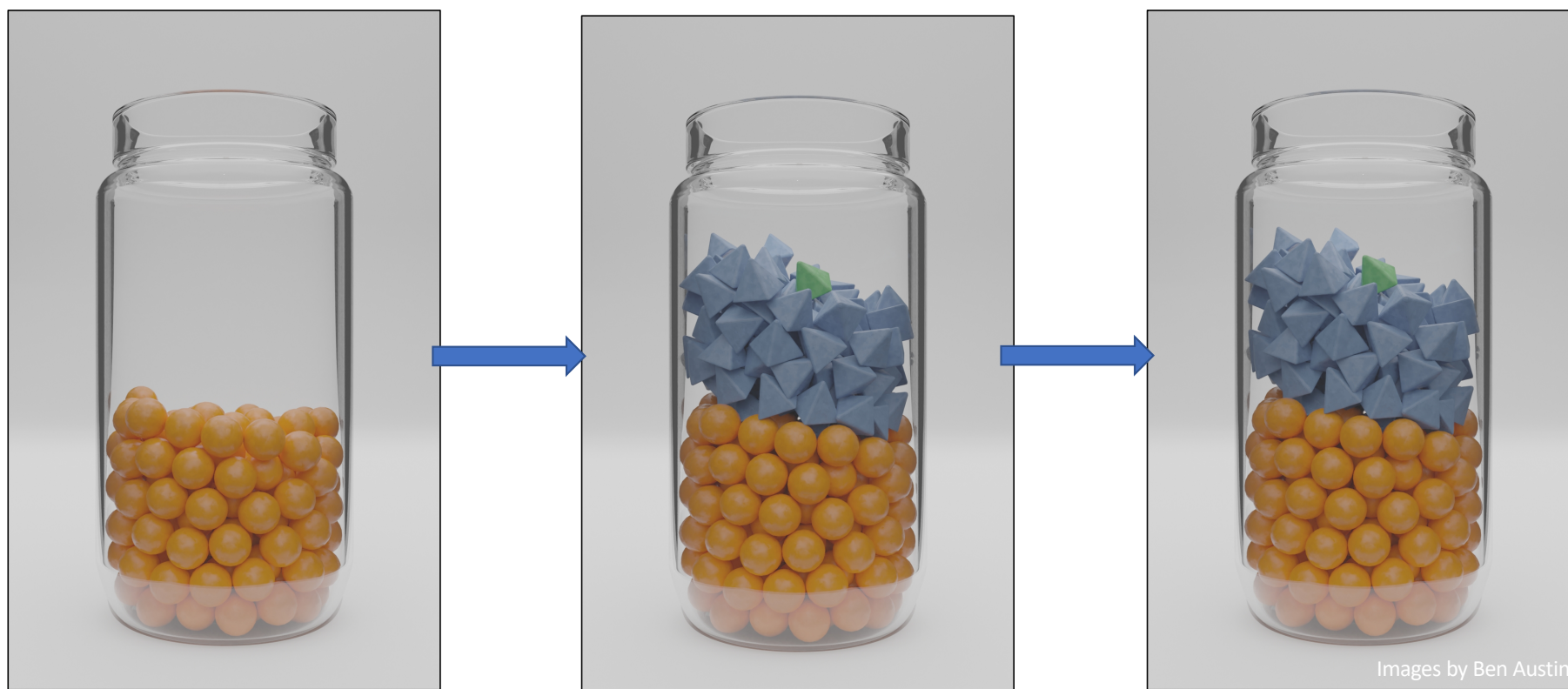
For people with specific genetic factors, some environmental factors can have a bigger effect



Some genetic factors can have a bigger effect in the presence of a particular environmental factor

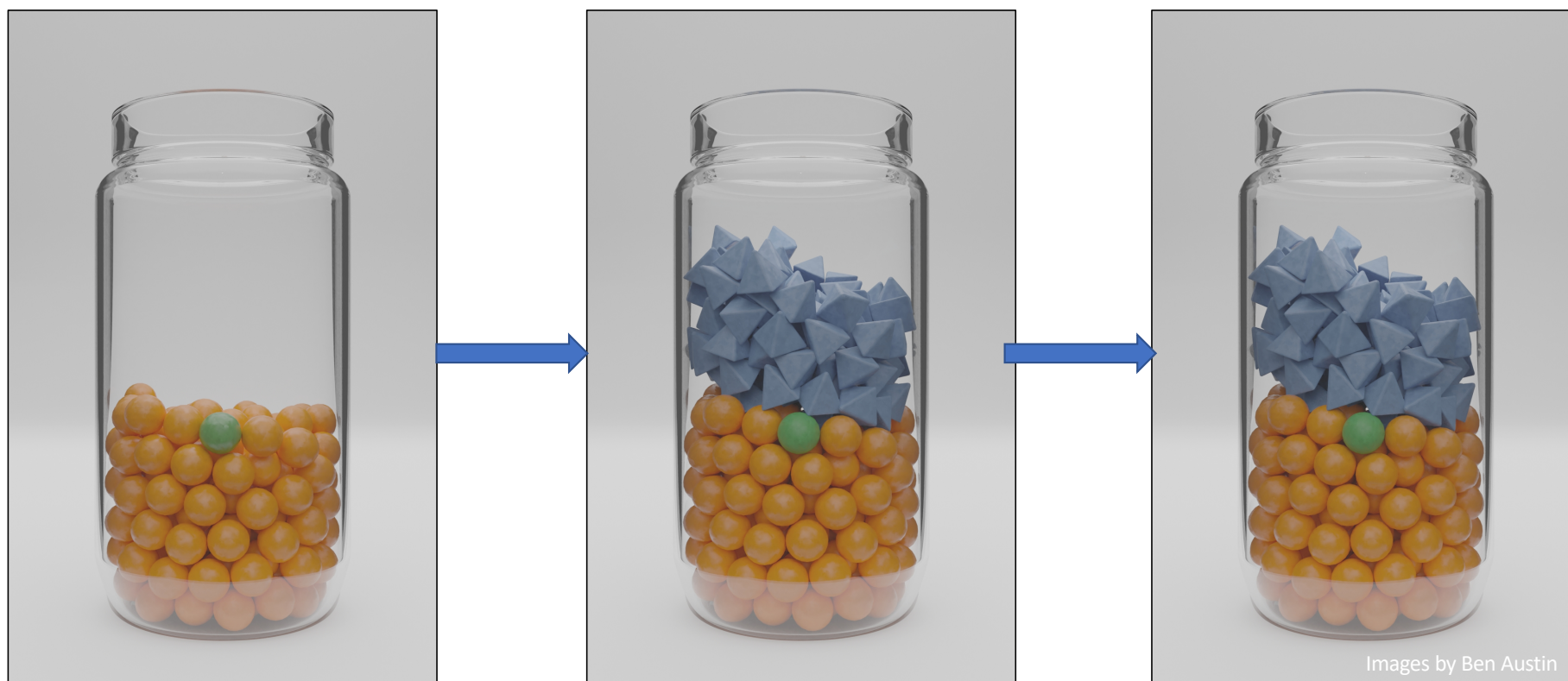


When a specific environmental exposure happens
but the specific genetic factor is not present



Images by Ben Austin

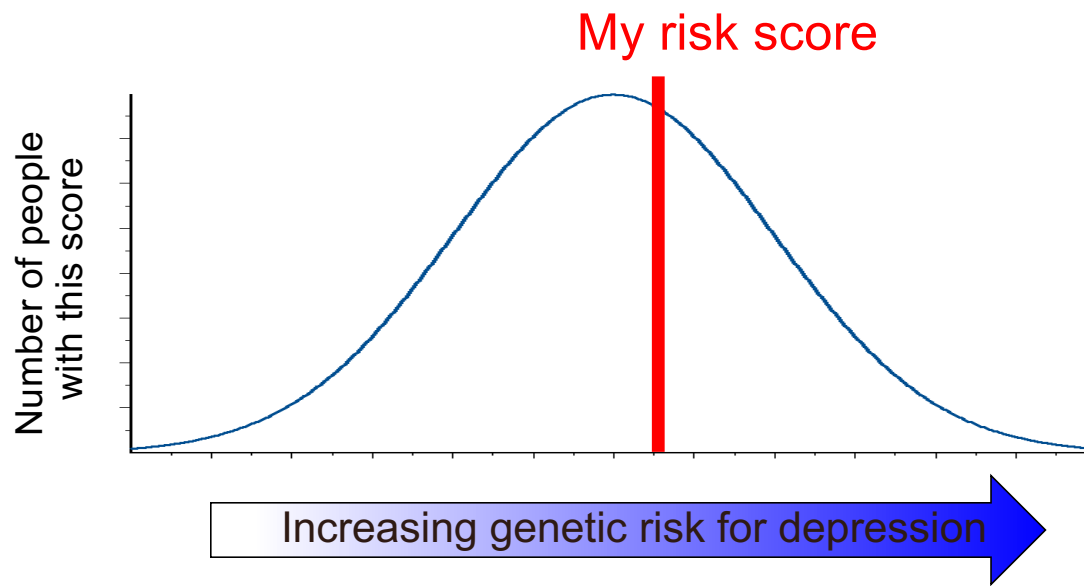
When a specific genetic factor is present, but the environmental exposure doesn't happen



Images by Ben Austin

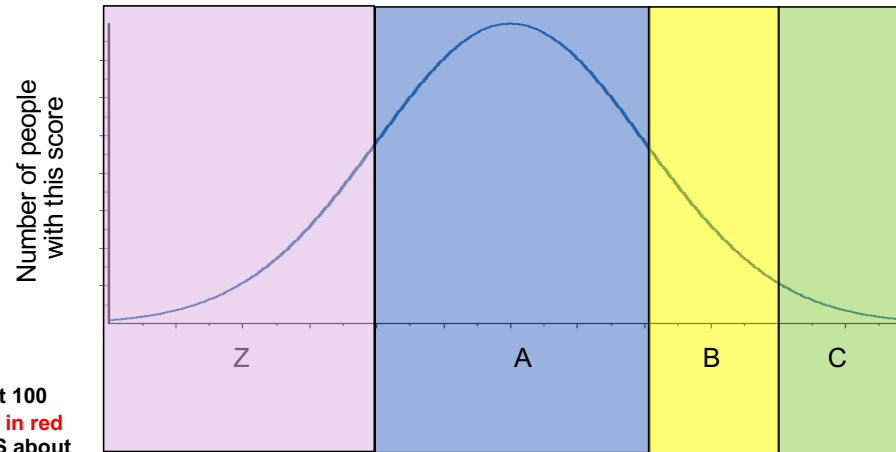
PRS counseling

My genetic risk score for depression



This is how your genetic risk - according to the variations tested - compares to others' risk from testing the same set of variations

What does my genetic risk score for depression mean?



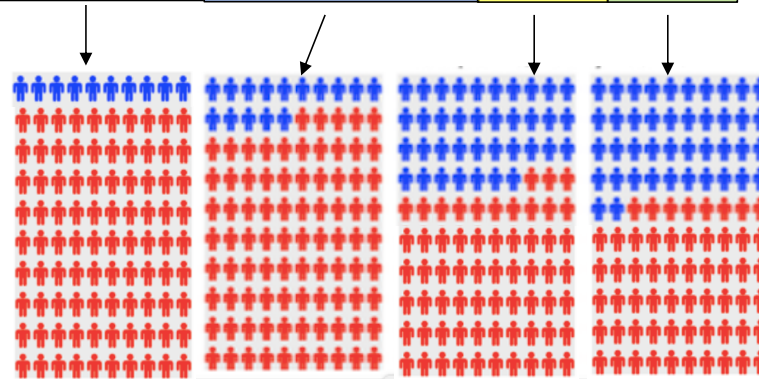
Panels at the bottom of the page each represent 100 people. People in blue have depression. People in red do not. Each panel represents our BEST GUESS about the chance for someone to develop depression.

Panel A: this represents the proportion of people general population who will experience depression during their life (15%, or 15 out of 100) – it is also the proportion of people whose PRS is in the range A who will experience depression during their life.

Panel B: this is the proportion of people (37%, or 37 out of 100) whose PRS is in range B who will experience depression during their life.

Panel C: this is the proportion of people (42%, or 42 out of 100) whose PRS is in range C who will experience depression during their life.

Panel Z: this is the proportion of people (10%, or 10 out of 100) whose PRS is in range Z who will experience depression during their life.



Panel Z

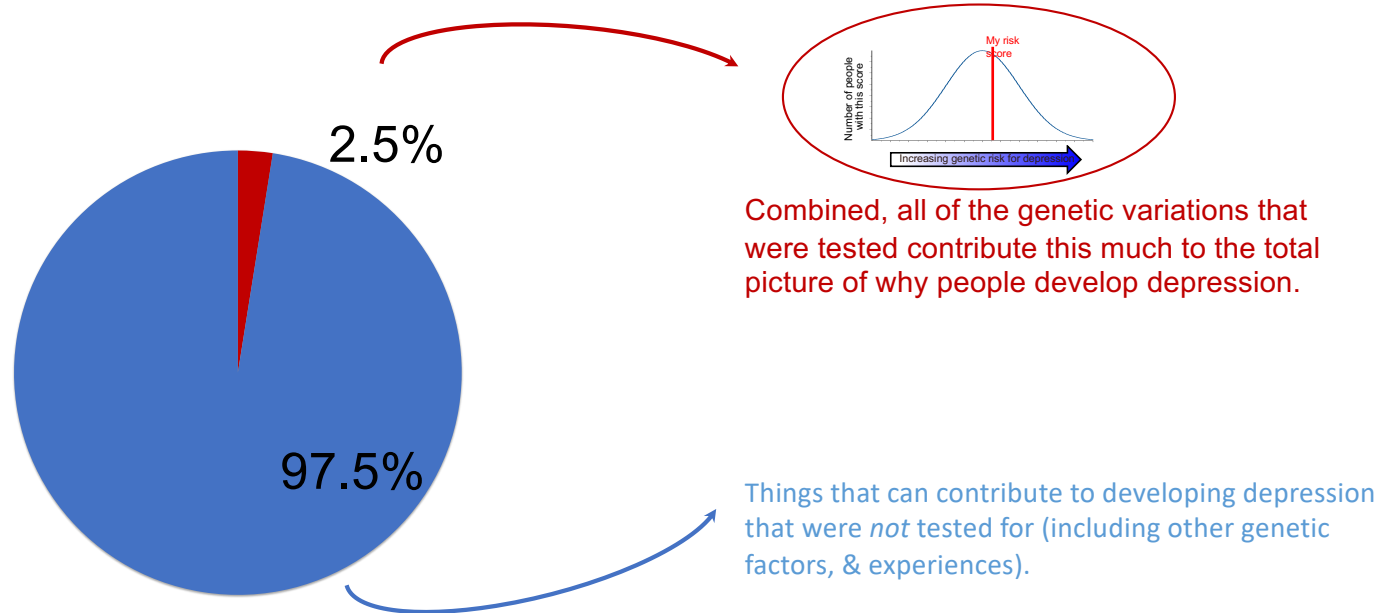
Panel A

Panel B

Panel C

The chances for depression on the last page are only best guesses because the test only looked at a small proportion of all the factors (genetic & environmental) that can contribute to developing depression

There are lots of factors that can contribute to risk that were not tested



The chances for depression on the last page are only best guesses because the test only looked at a small proportion of all the factors (genetic & environmental) that can contribute to developing depression

There are lots of factors that can contribute to risk that were not tested



Things that can contribute to developing depression that were *not* tested for

Combined, all of the genetic variations that were tested contribute this much

