

However, it may be useful to consider the extent to which these people actively contribute to problems in their lives and whether they have more control over stressful circumstances than they may believe. Education would also likely be useful for both spouses. Non-depressed spouses may have some awareness about how their partners contribute to their individual and collective stress, and understanding the process of stress generation may help couples to focus on identifying triggers for interpersonal stress, and improving coping skills within and outside the marriage rather than blaming the depressed spouse.

Reference

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