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Stressful events and coping strategies associated with symptoms of depression: a Japanese general population survey

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Highlights

- We investigated the associations of stressful events and stress-coping strategies with symptoms of depression in the Japanese adult population.
- The prevalence of symptoms of depression increased with the number of stressful events.
- Some stressful events and stress-coping strategies have stronger associations with symptoms of depression compared with experiencing multiple stressful events.
- Our findings suggest the importance of focusing on types of stressful events and stress-coping strategies in the development of preventive strategies for major depression.

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