Formulation with examples

Predisposing Factors		Maintaining Factors	
Biological	Genetic Vulnerabilities Prenatal and perinatal complications Early injuries and illnesses	Biological	Neurological issues – (neurotransmitter imbalance?) (Medication). Physiological imbalance – nutrition and deficiencies, sleep, exercise, hormonal imbalance, metabolism. Illness
Psychological	Beliefs Extreme character traits (introversion, neuroticism, low conscientiousness, close-mindedness) Low self-esteem External locus of control	Psychological	Beliefs about self-regulation – low self-efficacy beliefs, dysfunctional attributions, cognitive distortions. (CBT) Self-regulation skills - dysfunctional coping strategies Insecure attachment (Psychodynamic)
Social	ACEs – including separation from parents, parental separation / violence, abuse, neglect, insecure attachment	Social	Maladaptive relationships – marriage, family, wider social network, with treatment agencies/professionals. High stress, low support, collusion, conflict and violence, emotional enmeshment/co-dependency. (Systemic)
Precipitating factors		**Protective Factors**	
Biological	Brain injury Illness Injury	Biological	Family history of good health and no/little genetic vulnerability. Positive response to pharmacological treatment.
Psychological	Life stressors – e.g. loss, humiliation, abandonment, victimisation, betrayal.	Psychological	Good premorbid adjustment and coping experience. Psychological-mindedness. Self-awareness. Engagement in therapeutic/psychological interventions. Personality traits (open-mindedness, emotional stability) Internal locus of control High self-efficacy beliefs. Optimistic attributional style. Secure attachment style. Functional coping strategies.
Social	Life events – e.g. redundancy, imprisonment, financial difficulties Life cycle transitions – e.g leaving home, changing jobs, marriage, divorce, having children	Social	Ability to maintain therapeutic alliance with professionals. Current positive involvement in a family / social system. Low stress and high emotional support. Joint problem-solving skills. Good communication.