

The Diathesis-Stress Model

Psychology

Why the same event affects people differently.

Disorder emerges when a predisposing vulnerability meets a sufficient environmental stressor.

diathesis + stress → disorder

High vulnerability

A small stressor may be enough

Low vulnerability

Requires a severe stressor

No stressor

The vulnerability may never express

THE COMMON MISTAKE

✗ **Treating a genetic finding as destiny**

✓ **Reading it as a predisposition**

Concordance in identical twins is well below 100% for every psychiatric condition, which rules out purely genetic causation.

Educational reference. Differential susceptibility extends this: some people are more affected by both good and bad environments.