People with Spina Bifida may experience depression and anxiety due to the following causes and contributing factors:

- Consequences of hydrocephalus
- Consequences of other organic neuro-anatomical differences in people with Spina Bifida
- Neurochemical imbalance
- Traumatic brain injury
- Frustration, anger, disappointment, sadness, resentment, and/or grief related to:
  - Not being 'normal'
  - Not being able to engage in 'normal' activities due to mobility issues and/or incontinence
  - Not being able to meet ‘normal’ milestones, or meet ‘normal’ familial, social, academic, career-related, spiritual, and/or other expectations
  - Not being able to care for yourself or manage health issues satisfactorily
  - Academic or career struggles (sometimes related to hydrocephalus and/or learning disabilities)
  - Feeling dependent on family/parents/caretakers
  - Feeling enmeshed with family/parents/caretakers
  - Feeling ugly, unsexy, or unattractive
  - Feeling sexually unfulfilled
  - Feeling socially awkward or inept
  - Social isolation; lack of meaningful social support
  - Bullying or social ostracism
  - Discrimination, prejudice, and bias (includes 'benign' prejudice and 'positive' stereotypes)
  - Socio-political turmoil or injustice
  - Struggles navigating bureaucracies, especially when it comes to receive benefits or accommodations
  - Problems with or loss of government assistance
  - Financial stress
  - Medical expenses and problems with insurance
  - Lack of access to medical care and medical professionals who have experience caring for people with Spina Bifida
  - Lack of access to accommodations and supports
  - Lack of access to transportation