

Kr Depression

Institute of Medicine,National Research Council,Division of Behavioral and Social Sciences and Education,Board on Children, Youth, and Families,Committee on Depression, Parenting Practices, and the Healthy Development of Children

Diaries of My Older Sister: Depression and Suicide in Korea, Asia and America Terry Bu, 2019-10-28 A non-fiction memoir and a self-help psychology book dedicated to the author's older sister who suffered from depression and died from suicide at age 20. This book goes into the types of thought patterns (comparison thinking, catastrophizing, negative self-talk, perfectionism) that may cause obsessive, harmful overthinking known as 'rumination' which has proven to be a major precursor to depression. It also discusses possible solutions at both individual and societal levels, and why we need to address issues such as status-obsession on social media and our society's skewed definition of the word 'success.' Depression and suicide are becoming more prevalent than ever before. In the U.S, suicide rates among young adults have reached their highest point in nearly two decades and are at their highest level since 2000, according to the U.S. News & World Report in 2019. South Korea now leads the OECD world rankings with the highest suicide rate, and Korean celebrities and politicians frequently commit suicide from reasons cited around shame, social pressure, cyberbullying and poor self-image. For the last 13 years, I've pondered and researched the causes that might have led to my sister's depression and eventual suicide. By reading the diaries she let behind, I was able to gain a better glimpse into her inner world and internal struggles that led to her having low self-esteem, eating disorders and frequent rumination. I do not point the fingers at any one person or one single problem, and I definitely do not claim to have solved the great puzzle to understanding all sub-categories of depression. What this book will clarify is that depression is a multifaceted global issue that has possible causes at both individual and community levels, and we must better define, identify and understand the underlying causes depression so that we can create a much more targeted, specific and integrated system of treatment for those suffering from it. The first section of the book goes into the kinds of negative mental habits and repetitive stories that people at risk for major depression commonly engage in. The second section covers some of the major influences on our mental narrative and thought patterns that cause the mental habits mentioned from the first section. The third and final section brainstorms different ideas on how we can improve the status quo and covers the latest findings from academia and research to treat and prevent depression. There's so much we can do [in order to advance mental health treatments for patients with depression]. We have figured some important things out, but we are definitely in need of more answers. We have yet to understand what truly works for depression as well as how to communicate that to others. I strongly support individuals like Terry who take the initiative to get the right messages out there. Although there is a lot of suffering in the world, if we continue to push forward and ask the right questions, as Terry has done in his book, I believe we will eventually find our way to a world with less suffering. A meaningful book to share with the world. Thank you Terry. - Dr. Chad Ebesutani, Ph.D (Clinic Director & Licensed Psychologist at Seoul Counseling Center, Professor, Dept. of Psychology at Duksung Women's University) There is a societal pattern happening globally beyond just a random chemical imbalance in the brain. There's much bigger forces at work that need to be resolved in order to truly treat this epidemic. Our lack of understanding has to be resolved when it comes to depression.

Depression and Diabetes Wayne Katon, Mario Maj, Norman Sartorius, 2011-06-09 In recent years, there has been a growing awareness of the multiple interrelationships between depression and various physical diseases. The WPA is providing an update of currently available evidence on these interrelationships by the publication of three books, dealing with the comorbidity of depression with diabetes, heart disease and cancer. Depression is a frequent and serious comorbid condition in diabetes, which adversely affects quality of life and the long-term prognosis. Co-occurrent depression presents peculiar clinical challenges, making both conditions harder to manage. Depression and Diabetes is the first book devoted to the interaction between these common disorders. World leaders in diabetes, depression and public health synthesize current evidence, including some previously unpublished data, in a concise, easy-to-read format. They provide an overview of the epidemiology, pathogenesis, medical costs, management, and public health and cultural implications of the comorbidity between depression and diabetes. The book describes how the negative consequences of depression in diabetes could be avoided, given that effective depression treatments for diabetic patients are available. Its practical approach makes the book ideal for all those involved in the management of these patients: psychiatrists, psychologists, diabetologists, general practitioners, diabetes specialist nurses and mental health nurses.

Night Falls Fast Kay Redfield Jamison, 2011-01-12 Critical reading for parents, educators, and anyone wanting to understand the tragic epidemic of suicide—"a powerful book [that] will change people's lives—and, doubtless, save a few (Newsday). The first major book in a quarter century on suicide—and its terrible pull on the young in particular—Night Falls Fast is tragically timely: suicide has become one of the most common killers of Americans between the ages of fifteen and forty-five. From the author of the best-selling memoir, *An Unquiet Mind*—and an internationally acknowledged authority on depression—Dr. Jamison has also known suicide firsthand: after years of struggling with manic-depression, she tried at age twenty-eight to kill herself. Weaving together a historical and scientific exploration of the subject with personal essays on individual suicides, she brings not only her remarkable compassion and literary skill but also all of her knowledge and research to bear on this devastating problem. This is a book that helps us to understand the suicidal mind, to recognize and come to the aid of those at risk, and to comprehend the profound effects on those left behind.

The Neurobiological Basis of Suicide Yogesh Dwivedi, 2012-06-25 With recent studies using genetic, epigenetic, and other molecular and neurochemical approaches, a new era has begun in understanding pathophysiology of suicide. Emerging evidence suggests that neurobiological factors are not only critical in providing potential risk factors but also provide a promising approach to develop more effective treatment and prevention strategies. The Neurobiological Basis of Suicide discusses the most recent findings in suicide neurobiology. Psychological, psychosocial, and cultural factors are important in determining the risk factors for suicide; however, they offer weak prediction and can be of little clinical use. Interestingly, cognitive characteristics are different among depressed suicidal and depressed nonsuicidal subjects, and could be involved in the development of suicidal behavior. The characterization of the neurobiological basis of suicide is in delineating the risk factors associated with suicide. The Neurobiological Basis of Suicide focuses on how and why these neurobiological factors are crucial in the pathogenic mechanisms of suicidal behavior and how these findings can be transformed into potential therapeutic applications.

Depression in Parents, Parenting, and Children Institute of Medicine, National Research Council, Division of Behavioral and Social Sciences and Education, Board on Children, Youth, and Families, Committee on Depression, Parenting Practices, and the Healthy Development of Children, 2009-10-28 Depression is a widespread condition affecting approximately 7.5 million parents in the U.S. each year and may be putting at least 15 million children at risk for adverse health outcomes. Based on evidentiary studies, major depression in either parent can interfere with parenting quality and increase the risk of children developing mental, behavioral and social problems. Depression in Parents, Parenting, and Children highlights disparities in the prevalence, identification, treatment, and prevention of parental depression among different sociodemographic populations. It also outlines strategies for effective intervention and identifies the need for a more interdisciplinary approach that takes biological, psychological, behavioral, interpersonal, and social contexts into consideration. A major challenge to the effective management of parental depression is developing a treatment and prevention strategy that can be introduced within a two-generation framework, conducive for parents and their children. Thus far, both the federal and state response to the problem has been fragmented, poorly funded, and lacking proper oversight. This study examines options for widespread

implementation of best practices as well as strategies that can be effective in diverse service settings for diverse populations of children and their families. The delivery of adequate screening and successful detection and treatment of a depressive illness and prevention of its effects on parenting and the health of children is a formidable challenge to modern health care systems. This study offers seven solid recommendations designed to increase awareness about and remove barriers to care for both the depressed adult and prevention of effects in the child. The report will be of particular interest to federal health officers, mental and behavioral health providers in diverse parts of health care delivery systems, health policy staff, state legislators, and the general public.

Touched With Fire Kay Redfield Jamison,1996-10-18 The definitive work on the profound and surprising links between manic-depression and creativity, from the bestselling psychologist of bipolar disorders who wrote *An Unquiet Mind*. One of the foremost psychologists in America, “Kay Jamison is plainly among the few who have a profound understanding of the relationship that exists between art and madness” (William Styron). The anguished and volatile intensity associated with the artistic temperament was once thought to be a symptom of genius or eccentricity peculiar to artists, writers, and musicians. Her work, based on her study as a clinical psychologist and researcher in mood disorders, reveals that many artists subject to exalted highs and despairing lows were in fact engaged in a struggle with clinically identifiable manic-depressive illness. Jamison presents proof of the biological foundations of this disease and applies what is known about the illness to the lives and works of some of the world's greatest artists including Lord Byron, Vincent Van Gogh, and Virginia Woolf.

Manic-Depressive Illness Frederick K. Goodwin,Kay Redfield Jamison,2007-03-22 The revolution in psychiatry that began in earnest in the 1960s led to dramatic advances in the understanding and treatment of manic-depressive illness. Hailed as the most outstanding book in the biomedical sciences when it was originally published in 1990, *Manic-Depressive Illness* was the first to survey this massive body of evidence comprehensively and to assess its meaning for both clinician and scientist. It also vividly portrayed the experience of manic-depressive illness from the perspective of patients, their doctors, and researchers. Encompassing an understanding about the illness as Kraepelin conceived of it- about its cyclical course and about the essential unity of its bipolar and recurrent unipolar forms- the book has become the definitive work on the topic, revered by both specialists and nonspecialists alike. Now, in this magnificent second edition, Drs. Frederick Goodwin and Kay Redfield Jamison bring their unique contribution to mental health science into the 21st century. In collaboration with a team of other leading scientists, a collaboration designed to preserve the unified voice of the two authors, they exhaustively review the biological and genetic literature that has dominated the field in recent years and incorporate cutting-edge research conducted since publication of the first edition. They also update their surveys of psychological and epidemiological evidence, as well as that pertaining to diagnostic issues, course, and outcome, and they offer practical guidelines for differential diagnosis and clinical management. The medical treatment of manic and depressive episodes is described, strategies for preventing future episodes are given in detail, and psychotherapeutic issues common in this illness are considered. Special emphasis is given to fostering compliance with medication regimens and treating patients who abuse drugs and alcohol or who pose a risk of suicide. This book, unique in the way that it retains the distinct perspective of its authors while assuring the maximum in-depth coverage of a vastly expanded base of scientific knowledge, will be a valuable and necessary addition to the libraries of psychiatrists and other physicians, psychologists, clinical social workers, neuroscientists, pharmacologists, and the patients and families who live with manic-depressive illness.

Almost Depressed Jefferson Prince,Shelley Carson,2013-10-22 We all experience unhappiness-but for some, sadness, stress, and negative thoughts can become a regular part of our lives, no matter how good things may be going. There is a place between basic sadness and diagnosed clinical depression called almost depression. Through engaging stories along with their professional experience, Jefferson B. Prince, M.D. and Shelly Carson, Ph.D. outline the symptoms of depression, the role that stress plays in depression, as well as many of the physical conditions that can mimic depression. Then, based on the latest clinical research, they offer step-by-step guidance for making positive changes to help alleviate and reverse almost depression. Through this insightful and informative book, you will: Assess whether your or a loved one's unhappiness is a problem Gain insight on how to intervene with a struggling loved one Discover proven strategies to change unhealthy feelings of sadness Gage the physical, psychological, and social impact of your symptoms Determine when and how to get professional help when needed There are many pathways that can lead you out of almost depression toward brighter days ahead. *Almost Depressed* will show you the way.

Mental Depression Sibnath Deb,Anjana Bhattacharjee,2009 Study conducted at Kolkata, India.

Depression Richard Spilsbury,2018-07-15 Depression, a medical disorder distinct from sadness or grief, affects people around the world of all ages, though many of them are not diagnosed or do not receive adequate treatment. This book explains the symptoms of depression, how it can vary across individuals, how to diagnose it, and ways to treat it and cope with it. The genetic risk factors of depression are explored, including how genetic therapy may help people with depression in the future.

Will I Ever Be the Same Again?: Transforming the Face of Depression & Anxiety (Kivler Communications) Carol Kivler,Dee Fish,2011-04-05 Blessed with a loving family, a successful business as an executive coach and money in the bank, Carol Kivler was suddenly and unexpectedly brought to her knees by The Beast - clinical depression. The story of her journey to recovery from medication-resistant depression is not only informative but inspires hope in others who suffer from this debilitating illness. Kivler's book is written for multiple audiences, especially individuals who are suffering from major depression and their loved ones. It is also for health care providers, who often make the difference between giving up and recovery for those suffering from mental illness. Her Courageous Recovery Wellness Model provides a roadmap for recovery while addressing the misconceptions and stigma associated with depression. Major depression is not an attitude. It is not a personality dysfunction. It is not a flaw in character. It is not laziness or a call for attention. It is not hurt feelings or a reaction to a bump in the road. It is not contagious. Depression is not something that can be brought on or fought off by self-will. Depression is not something to be ashamed of. And most importantly, it is not something that should be ignored. Left untreated, serious depression can be life crippling and even lead to death (by suicide). Because medication did not work for her, and despite serious reservations, Kivler eventually agreed to ECT (electroconvulsive therapy, or shock therapy). The treatment not only gave her back the desire to live but the ability to thrive in her personal and professional life. Electroconvulsive therapy became her ladder out of the depression pit. Much of Kivler's apprehension toward ECT was based on stigma and misinformation. Say the words 'shock therapy' to ten people and nine of them will respond with the movie title 'One Flew Over the Cuckoo's Nest.' The movie (made in 1975) won five academy awards but left a wretched taste in our mouths about ECT. That movie as well as 'The Snake Pit' (made in 1945) both depict earlier developments of the treatment - not the modernized procedure that provides relief to countless patients every day. Unfortunately, they have left a deep impression on society that ECT is not only painful, barbaric and inhumane, but something to be ashamed of. In her opinion, the stigma associated with ECT deprives severely depressed individuals the right to potential recovery. Consequently, the section of her book on Demystifying ECT provides accurate, up to date information about today's modernized procedure, answers common questions such as Does it hurt? (No!) and discusses possible side effects (which Kivler found to be no worse than those from medication). In addition, the success rate of ECT, according to the American Psychiatric Association, is 80 percent. This is considerably higher than 45 to 50 percent success rate of most anti-depressants. Plus, the effects of ECT are generally felt as early as the third or fourth treatment, while medications can take as long as six weeks to take effect. *Will I Ever Be the Same Again* puts the face of hope on depression, providing information and inspiration to

reach beyond the myths and stigma surrounding ECT and mental illness. It was an Award-Winning Finalist in the Health: Psychology/Mental Health category of the Best Books 2010 Awards, sponsored by USA Book News. Kivler's book was also awarded Finalist, Self-Help Category, 2011 Next Generation Indie Book Awards.

Dark Clouds Gather Katy Sara Culling, 2008 Description This book includes a true story about reaching the very edge, the very depths and heights of bipolar illness, but almost always with a sense of humour. Much like a car crash, people cannot help but look when they spy on these sort of black events. It is a new perspective on manic depression as in Prof K.R. Jamison's autobiography about her illness in *An Unquiet Mind*, but mixed explosively with S. Kaysen's immersion into madness in *Girl, Interrupted*; except this book feels like it's been written whilst on crack-cocaine and directed by Quentin Tarantino on a blood-thirsty day. This book may be dark but its underlying message is one of hope. Sometimes you have to see the depths of Hades before you can really appreciate life and health. Being a manic depressive from just 5, then adding in anorexia, bulimia, self-harm and hundreds of suicide attempts, typical student substance misuse on the heavy end of normal, culminating in a long hospitalisation when I was an Oxford doctoral student in clinical medicine. I ended up totally mad, in a long-term psychotic mixed episode (being both manic and depressed concurrently, and suffering from delusions and hallucinations) and several actual deaths that I was revived from. This is my autobiographical tale, a girl who came from nowhere up North to study medicine at Oxford University and spent the majority of her life quite literally mad, but never stopped laughing about it. This suits a wide audience for personal and professional reasons. I want to reach sufferers, carers, and professionals. I am proof that anything can be overcome, what should not be survived can be, and that nothing is more important in these diseases than hope. About the Author Katy Sara Culling was born in Liverpool, North England, in 1975. Daughter of Sue and Paul Culling, her family moved back to its roots in Derbyshire, where she grew up along with her younger sister Beth, in the village of Castle Donington, on the Derbyshire-Leicestershire border. However, even as young as 5 she exhibited symptoms of bipolar disorder. She attended a private school for girls, Loughborough High School, where she was a high achieving student. Unfortunately, due to bullying and also to numb her mania and depression, she developed anorexia nervosa and began to self-harm. Katy Sara then went to The University of Nottingham, where she studied Biochemistry and Nutrition. She did her (1st class) thesis on alcohol and metabolism, interested in the psychology of Alcoholism. All this was done despite considerable illness including over 60 suicide attempts and purging-type anorexia – and yet more bullying. Her good work at Nottingham lead to an offer of a place at The University of Oxford, where she studied for a PhD (DPhil) in Clinical Medicine. In her final year she became so ill with bipolar disorder that she was in hospital (first as a day patient, then an inpatient, and eventually a sectioned inpatient). During that year and a half she attempted suicide over 300 times, dying twice, only to be revived. She finally, at the age of 28 got a diagnosis of bipolar disorder and the correct medication, and has been mostly fine ever since. She later wrote up her PhD thesis and published her results.

Defeating Depression Y. S. Lin, 2015-12-15 The National Institute of Mental Health reports that one in ten young people will suffer from a depressive disorder before the age of eighteen. Though depression is a common condition, it is also one that is often misunderstood. This useful guide establishes the clinical definition of depression and explains the difference between conditions such as persistent depressive disorder and major depression. Common treatment methods, including therapy and medications, are discussed. The volume also contains advice about where depressed teens can turn to get the help that they need, interviews from medical professionals, information about risk factors for depression, and things depressed teens can do to try to combat their depression.

Speaking of Sadness David Allen Karp, 1997 Combining a scholar's care and thoroughness with searing personal insight, Karp brings the private experience of depression into sharp relief, drawing on a remarkable series of intimate interviews with 50 depressed men and women. This important book pierces through the terrifying isolation of depression to uncover the connections linking the depressed as they undertake their personal journeys.

Emerging from Depression William E. Rabor, 2005 In this book the author tells the story of his descent into severe depression and then his recovery from it. Using his own experience as a model for others, he shows that there is hope for those with depression, and advocates treatment through a combination of therapy, medicine, and faith. *Emerging from Depression* is unique in that it is related from personal rather than clinical experience. It offers a multi-pronged approach to overcoming depression, and is told from a Catholic point of view, incorporating the element of faith in God's help as part of the recovery process. This is a deeply personal testimony from someone who considers his recovery from depression to be the most important accomplishment of his life. The text is easy to understand and will be most helpful to those who are struggling with depression themselves. Self-help groups and friends or family members will find it useful for journeying with their depressed loved ones. Paperback

Depression George Winokur, 1981 Most of us suffer from feelings of depression at some times of our lives, but some of us will suffer from clinical depression – depression that can be treated. In this book the author explodes many of the myths that have grown up about this most common of illnesses, and describes it – like any other illness – in terms of symptoms, diagnosis, classification of the different types of illness, and their treatment and prognosis. This book will be a great help to everyone who suffers from depression, and their families – as well as nurses, doctors, social workers, ministers, and others who as professionals are likely to meet people suffering from depression.

Cardiovascular Diseases and Depression Bernhard T. Baune, Phillip J. Tully, 2016-08-01 The world is witnessing a burgeoning global epidemic of chronic cerebro- and cardiovascular disease and depression disorders. The reader will find this comprehensive book to be a long-needed, up-to-date knowledge base on these increasingly recognized comorbid conditions that have long-term consequences for individual function and well-being and society in general. This comprehensive book outlines the complex and bidirectional relationship between various types of depression and cerebro- and cardiovascular diseases. It is written by a range of experts in the field, including psychiatrists, cardiologists, neuroscientists, psychologists, and epidemiologists, with the aim of presenting and discussing the most recent evidence on the pathophysiology, neurobiology, and clinical presentation of these common and disabling comorbid conditions and the available pharmacological, psychological, and behavioral interventions. By elucidating the underlying clinical and neurobiological mechanisms in the brain and the rich interplay between the body and the brain biology, the book brings together the latest knowledge of this overlapping area in Psychiatry and Cardiology. The clear descriptions of evidence-based approaches to clinical treatment ensure that it will serve as both an up-to-date overview and a future guide for practicing clinicians and graduate students.

Against Depression Peter D. Kramer, 2005 Depression, linked in our culture to a long tradition of heroic melancholy, is often understood as ennobling – a source of creativity, integrity, insight, and even sensuality. Tracing these beliefs from Aristotle to the Romantics to Picasso, and to present-day memoirs of mood disorder, Kramer suggests that the pervasiveness of the illness has distorted our impression of what it is to be human. He shows how a head-on look at depression as we now know it will change our sense of self, our tastes in art and in love, and our account of what it is to live a good life.--BOOK JACKET.

Depression Caroline Shreeve, 1984

Consumer Mental Health and Wellbeing: Socially Responsible Consumption Patterns Umair Akram, Heesup Han, Qiaolei Jiang, Guoqun Fu, 2023-10-17

In a world driven by information and connectivity, the power of words has be evident than ever. They have the ability to inspire, provoke, and ignite change. Such may be the essence of the book **Kr Depression**, a literary masterpiece that delves deep into the significance of words and their effect on our lives. Published by a renowned author, this captivating work takes readers on a transformative journey, unraveling the secrets and potential behind every word. In this review, we will explore the book is key themes, examine its writing style, and analyze its overall effect on readers.

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