

Depression

Albert Yeung, Greg Feldman, Maurizio Fava

The American Medical Association Essential Guide to Depression American Medical Association,1998-09 In clear, non-technical language, this guide explains the latest findings on depression, the complex mood disorder that affects nearly 17 million Americans each year. Illustrations throughout.

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.

The Mindful Way through Depression Mark Williams,John Teasdale,Zindel Segal,Jon Kabat-Zinn,2012-06-04 If you've ever struggled with depression, take heart. Mindfulness, a simple yet powerful way of paying attention to your most difficult emotions and life experiences, can help you break the cycle of chronic unhappiness once and for all. In *The Mindful Way through Depression*, four uniquely qualified experts explain why our usual attempts to "think" our way out of a bad mood or just "snap out of it" lead us deeper into the downward spiral. Through insightful lessons drawn from both Eastern meditative traditions and cognitive therapy, they demonstrate how to sidestep the mental habits that lead to despair, including rumination and self-blame, so you can face life's challenges with greater resilience. This e-book includes an audio program of guided meditations, narrated by Jon Kabat-Zinn, for purchasers to stream or download from the web. See also the authors' *Mindful Way Workbook*, which provides step-by-step guidance for building your mindfulness practice in 8 weeks. Plus, mental health professionals, see also the authors' bestselling therapy guide: *Mindfulness-Based Cognitive Therapy for Depression*, Second Edition. Association for Behavioral and Cognitive Therapies (ABCT) Self-Help Book of Merit

Handbook of Chronic Depression Jonathan Edward Alpert,2014-05-14 An in-depth and authoritative framework for clear understanding of the origins, development, and management of chronic depression, this timely reference examines biological, psychosocial, and combined approaches to the treatment of chronic depression-providing strategies to achieve remission, reduce relapse and recurrence, and manage treatment-

emergent side-effects in long-term patient care.

Depression's Hidden Purpose Hanan Parvez, 2017-08-07 Are you struggling with depression? Exercising, positive thinking, or medications not working for you? The key to overcoming depression is understanding why it happens which is what Depression's Hidden Purpose looks into. Discover why advice generally dished out to depressed people doesn't work and what alternative courses of action can yield better results. Mark, Shane, and Anna are depressed. They post their grievances on a popular online counseling forum and get all kinds of cliché advice ranging from exercise more to spend more time with family and friends. Find out what worked and didn't work for them. Highlights of the book: - What depression looks like - Understanding depression as an emotion - Purpose of depression - Traps depressed people fall in - Step-by-step guide to overcoming depression

Undoing Depression Richard O'Connor, 2021-09-28 The bestselling approachable guide that has inspired thousands of readers to manage or overcome depression — fully revised and updated for life in the 21st century. Depression rates around the world have skyrocketed in the 20-plus years since Richard O'Connor first published his classic book on living with and overcoming depression. Nearly 40 million American adults suffer from the condition, which affects nearly every aspect of life, from relationships, to job performance, physical health, productivity, and, of course, overall happiness. And in an increasingly stressful and overwhelming world, it's more important than ever to understand the causes and effects of depression, and what we can do to overcome it. In this fully revised and updated edition — which includes updated information on the power of mindfulness, the relationship between depression and other diseases, the risks and side effects of medication, depression's effect on thinking, and the benefits of exercise — Dr. O'Connor explains that, like heart disease and other physical conditions, depression is fueled by complex and interrelated factors: genetic, biochemical, environmental. But Dr. O'Connor focuses on an additional factor that is often overlooked: our own habits. Unwittingly we get good at depression. We learn how to hide it, and how to work around it. We may even achieve great things, but with constant struggle rather than satisfaction. Relying on these methods to make it through each day, we deprive ourselves of true recovery, of deep joy and healthy emotion. Undoing Depression teaches us how to replace depressive patterns with a new and more effective set of skills. We already know how to do depression—and we can learn how to undo it. With a truly holistic approach that synthesizes the best of the many schools of thought about this painful disease, and a critical eye toward medications, O'Connor offers new hope—and new life—for sufferers of depression.

Depression in Context Christopher R. Martell, Michael E. Addis, Neil S. Jacobson, 2001 This book represents one of the last contributions of Neil Jacobson to the study of depression. At the time of his death he, Christopher Martell, and Michael Addis had just begun writing. In fact, they had spent several years discussing behavioral approaches to treating depression and had been collaborating on one of the largest clinical trials for depression comparing behavioral activation to cognitive therapy and medication. Preliminary findings suggest that treating depression by helping to activate people (behavioral activation) is just as effective as helping them to change their thinking (cognitive therapy). Behavioral activation is a positive approach to treating depression. Within this framework, the therapist helps clients to see depression not as something inside of them but as a natural consequence of the way they cope with the shifting contexts of daily life. There is no search for mental illness, skill deficits or distortions in thinking. Rather, the therapist coaches the client to engage in activities that will lead to a more rewarding life. This book is arranged in three parts. Part I reviews theories of depression and various treatments for depression, particularly pharmacological treatments, cognitive therapy and behavioral therapy. Part II describes the behavioral activation treatment approach and provides ample case transcript material. Part III looks at problems that can arise in therapy and at future opportunities for the use of

behavioral activation.

Depression in Later Life Deborah Serani, 2016-06-09 The geriatric population, defined as men and women 65 years and older, is the fastest growing population in the world. While gerontology, the study of the aging process in human beings, has brought insights about the physical, emotional, and social needs of this population, little attention has been given to the mental health of the aging, and often treatable disorders are overlooked entirely. Depression is one of the leading mental disorders in any age group, but among the elderly it is often viewed as a normal part of aging. But it's not. Depression at any age requires attention and treatment. For sufferers and their families and caregivers, this go-to guide introduces readers to depression among the aging and elderly. It looks at both sufferers who've been diagnosed in their younger years as well as those with a new diagnosis, and reviews the symptoms, the diagnostic process, treatment options including alternative and holistic approaches, and long term care for those experiencing mild, moderate, or severe depression. With real stories throughout, the book illustrates the many forms depression can take, and Serani offers a compassionate voice alongside practical advice for sufferers, caregivers, and families. An extensive resource section rounds out the book. Anyone suffering from depression in later life, and anyone who cares for someone suffering, will want to read this important guide to living well with depression in the golden years.

Depression in Adults with a Chronic Physical Health Problem: Treatment and Management, 2010

Depression and Your Child Deborah Serani, 2013-09-05 Seeing your child suffer in any way is a harrowing experience for any parent. Mental illness in children can be particularly draining due to the mystery surrounding it, and the issue of diagnosis at such a tender age. *Depression and Your Child* gives parents and caregivers a uniquely textured understanding of pediatric depression, its causes, its symptoms, and its treatments. Serani weaves her own personal experiences of being a depressed child along with her clinical experiences as a psychologist treating depressed children. Current research, treatments and trends are presented in easy to understand language and tough subjects like self-harm, suicide and recovery plans are addressed with supportive direction. Parents will learn tips on how to discipline a depressed child, what to expect from traditional treatments like psychotherapy and medication, how to use holistic methods to address depression, how to avoid caregiver burnout, and how to move through the trauma of diagnosis and plan for the future. Real life cases highlight the issues addressed in each chapter and resources and a glossary help to further understanding for those seeking additional information. Parents and caregivers are sure to find here a reassuring approach to childhood depression that highlights the needs of the child even while it emphasizes the need for caregivers to care for themselves and other family members as well.

Self-Management of Depression Albert Yeung, Greg Feldman, Maurizio Fava, 2009-10-15 With growing access to health information, people who suffer from depression are increasingly eager to play an active role in the management of their symptoms. The goal of self-management is to support patients in monitoring and managing their symptoms and provide them with additional resources to promote recovery, enhance quality of life, and prevent relapse. For clinicians, self-management holds promise for improving practice efficiency and efficacy by helping patients maximize their improvement outside of treatment sessions. *Self-Management of Depression* is written for clinicians who wish to empower their patients to take more active steps to manage depression. Chapters cover care management, self-assessment, exercise, self-help books and computer programs, meditation, and peer-support groups and strategies for how to incorporate self-management into a treatment plan are described. Reproducible handouts to support patients are also available online. This book is relevant to clinical psychologists,

psychiatrists, psychiatric nurses, social workers and primary care physicians.

Speaking of Sadness David A. Karp, 2016-10-14 *Speaking of Sadness*, based on fifty in-depth interviews, provides first-hand accounts of the depression experience while discovering clear regularities in the ways that personal identities are shaped over the course of an illness career. The new edition of the book is highlighted by a thoroughly new and extensive introduction--

Adolescent Depression Francis Mark Mondimore, Patrick Kelly, 2015-12-14 The timely second edition of this bestselling guide will inform and encourage struggling adolescents and their families. In *Adolescent Depression*, psychiatrists Francis Mark Mondimore, MD, and Patrick Kelly, MD, explain that serious depression in adolescents goes beyond moodiness. Depression is in fact an illness—one that can be effectively treated. The authors describe the many forms of depression and the many symptoms of depression in young people—from sadness to irritability, self-harm, drug and alcohol abuse, and violent rages. Incorporating the latest research from the field of adolescent psychiatry, this comprehensive and compassionate guide answers questions that many parents have, including What are the symptoms of depression in teenagers? How is depression diagnosed? What is the difference between depression and bipolar disorder, and which does my child have? How can I find the best mental health professional team for my child? What kinds of counseling and psychotherapy are available? Are medications safe, and how does a doctor choose a medication for my child? What can I do if my adolescent is using alcohol, crystal meth, marijuana, or other substances? How do autism and Asperger's syndrome, eating disorders, premenstrual dysphoric disorder, ADHD, and disruptive mood dysregulation disorder interact with depression? What should I do if I sense that my child is in danger? With all of this going on, how can I take care of myself?

Managing Your Depression Susan J. Noonan, 2013-05-29 As a physician who personally suffers from depression, Susan J. Noonan draws on her own expertise and empathy to create a guide for people who suffer from the disease. Explaining the basics of mental health—including sleep hygiene, diet and nutrition, exercise, routine and structure, and avoiding isolation—*Managing Your Depression* empowers people to participate in their own care, offering them a better chance of getting, and staying, well. Noonan's depression management strategies draw on the best available educational resources, psychoeducational programs, seminars, expert health care providers, and patient experiences. The book is specifically designed to be highly readable for people who are finding it difficult to focus and concentrate during an episode of depression. Cognitive exercises and daily worksheets help track progress and response to therapy and provide valuable information for making treatment decisions. A relapsing and remitting condition, depression affects nearly 15 percent of people in the United States. *Managing Your Depression* will bring depression management strategies to people who do not have access to mental health programs or who want to learn new skills. -- Francis M. Mondimore, M.D., The Johns Hopkins Hospital

Lost Connections Johann Hari, 2020-11-12 THE INTERNATIONAL BESTSELLER: A radically new way of thinking about depression and anxiety 'A book that could actually make us happy' SIMON AMSTELL 'This amazing book will change your life' ELTON JOHN 'One of the most important texts of recent years' BRITISH JOURNAL OF GENERAL PRACTICE 'Brilliant, stimulating, radical' MATT HAIG 'The more people read this book, the better off the world will be' NAOMI KLEIN 'Wonderful' HILLARY CLINTON 'Eye-opening' GUARDIAN 'Brilliant for anyone wanting a better understanding of mental health' ZOE BALL 'A game-changer' DAVINA MCCALL 'Extraordinary' DR MAX PEMBERTON Depression and anxiety are now at epidemic levels. Why? Across the world, scientists have uncovered evidence for nine different causes. Some are in our biology, but most are in the way we are living today. *Lost Connections* offers a radical new way of thinking about this crisis. It shows that once we

understand the real causes, we can begin to turn to pioneering new solutions – ones that offer real hope.

Depression Aaron T. Beck, M.D.,Brad A. Alford, Ph.D.,2014-04-04 More than forty years ago, Dr. Aaron T. Beck's pioneering *Depression: Causes and Treatment* presented the first comprehensive account of all aspects of depression and introduced cognitive therapy to health care providers and patients struggling with one of the most common and devastating diseases of the modern age. Since that classic text first appeared, the appreciation of the multifaceted nature of mood disorders has grown, and the phenomenological and biological aspects of psychology are increasingly seen as intertwined. Taking these developments into account, Beck and his colleague Brad A. Alford have written a second edition of *Depression* that will help patients and caregivers understand depression as a cognitive disorder. The new edition of *Depression* builds on the original research and approach of the seminal first edition, including the tests of Freud's theory that led to a new system of psychological theory and therapy, one that addresses the negative schema and automatic thoughts that can trap people in painful emotional states. Beck and Alford examine selected scientific tests and randomized controlled trials that have enhanced the cognitive approach since the time it was first introduced. Incorporating accepted changes in the definitions and categories of the various mood disorders into its discussion, *Depression* addresses the treatment role of revolutionary drugs, such as the selective serotonin reuptake inhibitors (SSRIs), electroconvulsive therapy (ECT), and transcranial magnetic stimulation (TMS) in relation to cognitive approaches. Beck and Alford explore research on neurotrophic and neurogenesis theories of depression. They also report on advances in psychosocial treatment of depression, including the value of cognitive therapy in the prevention of relapse.

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.

New Light on Depression David B. Biebel,Harold George Koenig,2004 *New Light on Depression* guides the reader through an understanding of depression, the myths and misunderstandings that surround it, and the symptoms and identification of it in various levels of intensity.

Helping Others with Depression Susan J. Noonan,2020-12-29 It is of enormous value to the layperson, hungry for knowledge about how best to interact and help their loved one face the dreadful ravages of depression.—Nursing Times

My Depression Elizabeth Swados,2014-04-15 This intimate journey through long-term depression is by turns tender, funny, poignant, and uplifting. Swados' charming words and frenzied drawings bring home the experience of severe depression, from the black cloud forming on the horizon to feelings of self-loathing and loss of self-confidence; from contemplating suicide, which Swados describes as wandering off into the Sahara desert (discounting the buzzards and the scorpions), to actively seeking out methods for fighting depression—including psychics, diet, and repression therapy—to experimenting with antidepressants that make you snippy, sleepy, or judgmental. *My Depression* is an engaging and heartening memoir of an illness that has been stigmatized for too long and on how it is possible to survive, one little challenge at a time, with medication and the occasional tasty, messy slice of pizza; with dancing to a boombox on the street and thanking the mailman for the newest catalogue, then proceeding to read it cover to cover!

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