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Depression (Clinical Psychology: A Modular Course)

Constance Hammen, Ed Watkins

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This book is intended for students and professionals who are seeking an up-to-date summary of research-based information on depression. Chapters cover clinical and diagnostic information, as well as features of the course of depression and the demographic features of the disorder. For example, topics include the considerable impairment associated with depression (it isn't 'all in your mind') and discussion of why depression is particularly common in women and the young.

A series of chapters discusses the presumed causes of depression, including genetic and biological factors, as well as cognitive, family, stress and interpersonal contributors to depression. Finally, two chapters discuss current developments in the treatment of depressive disorders, including pharmacological and other medical interventions, as well as effective psychotherapies.

The book presents research at a level that is understandable by those who are not experts in the field. Also, an attempt is made to present balanced perspectives, acknowledging the contributions of various models of cause and treatment. Clinical examples and practical implications are highlighted to make the book readable and relevant.

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