

Contents

| | |
|--|-----------|
| Author biographies | IX |
| Preface | XI |
| | |
| 1 Classification, causes, and epidemiology | 1 |
| Different types of depression | 1 |
| Causes of depression | 7 |
| Epidemiology and natural history | 9 |
| References | 11 |
| | |
| 2 Depression in different types of patients | 13 |
| Depression in children | 13 |
| Depression in elderly people | 15 |
| Depression in women | 15 |
| Patients with comorbid medical conditions | 16 |
| References | 17 |
| | |
| 3 Diagnosis | 19 |
| Signs and symptoms of depression | 19 |
| Differential diagnosis | 21 |
| The patient examination and interview | 22 |
| Laboratory tests for co-occurring illnesses | 27 |
| References | 28 |
| | |
| 4 Principles of therapy | 31 |
| Goals of treatment | 31 |
| Treatment options | 35 |
| Choice of treatment | 36 |
| Practicalities of treatment | 40 |
| Factors affecting response to treatment | 47 |
| References | 48 |

VI • CONTENTS

| | |
|---|-----------|
| 5 Medications | 51 |
| Selective serotonin reuptake inhibitors | 52 |
| Combined serotonin reuptake inhibition and 5HT receptor actions | 54 |
| Serotonin and norepinephrine reuptake inhibitors | 56 |
| Monoamine receptor-active drugs | 59 |
| Norepinephrine reuptake inhibitors | 60 |
| Dopamine reuptake inhibitors | 60 |
| Tricyclic antidepressants | 62 |
| Monoamine oxidase inhibitors | 63 |
| Other drugs | 64 |
| Specific adverse effects of antidepressants | 66 |
| References | 67 |
| 6 Other treatments | 69 |
| Psychotherapy for depression | 69 |
| Combination psychotherapy and psychopharmacotherapy | 72 |
| Physical treatments | 75 |
| Lifestyle and complementary therapies | 81 |
| References | 85 |
| 7 Management of treatment nonresponse | 89 |
| Assessment and principles of management | 89 |
| Definitions: treatment nonresponse and treatment-resistant depression | 91 |
| Medication strategies | 92 |
| Psychological treatment strategies | 95 |
| Physical treatment strategies | 96 |
| References | 96 |
| 8 Continuation and maintenance treatment | 99 |
| Goals of continuation/maintenance treatment | 99 |
| Phases of treatment | 99 |
| Medication | 101 |

VII • CONTENTS

| | |
|---|-----|
| Psychological treatments | 102 |
| Physical treatments | 103 |
| Risk factors for relapse and recurrence | 103 |
| Longer-term treatment in practice | 103 |
| References | 105 |