

Contents

Preface

1. What Is Depression? 1
 - A SPECTRUM APPROACH
 - THE BLUES
 - GRIEF REACTION
 - NEUROTIC (REACTIVE) DEPRESSION
 - AFFECTIVE PSYCHOSIS

2. Signs and Symptoms of Depression 13
 - EMOTIONAL CHANGES
 - PHYSICAL CHANGES
 - BEHAVIORAL CHANGES
 - COGNITIVE CHANGES

3. Classification of Depression 23
 - PSYCHIATRIC CLASSIFICATION
 - PERSONALITY AND DEPRESSION
 - NEUROTIC VS. PSYCHOTIC DEPRESSION
 - ENDOGENOUS VS. REACTIVE DEPRESSION
 - BIPOLAR VS. UNIPOLAR DEPRESSION
 - PRIMARY VS. SECONDARY DEPRESSION
 - FACTOR PATTERN TYPOLOGIES

4. Who Becomes Depressed: Epidemiology	39
AGE	
SEX	
RACE	
SOCIAL CLASS	
OTHER DEMOGRAPHIC FACTORS	
CROSS-CULTURAL STUDIES	
5. Course and Outcome of Depressive Illness	47
ONSET	
DURATION	
COURSE	
OUTCOME	
6. Theories About Depression	53
BIOLOGICAL MODELS	
GENETIC MODELS	
PSYCHOANALYTIC MODELS	
COGNITIVE MODELS	
BEHAVIORAL MODELS	
CONCLUSION	
7. The Mortality of Depression: Suicide	81
MAGNITUDE OF THE PROBLEM	
NOMENCLATURE AND NOSOLOGY OF SUICIDE	
SUICIDAL BEHAVIOR: COURSE AND OUTCOME	
SUICIDAL MOTIVATION	
PREDICTION OF SUICIDE	
DEPRESSION AND SUICIDE	
TREATMENT OF THE SUICIDAL PERSON	
8. Differential Considerations and the Scope of Depression	105

MANIA
ANXIETY
SCHIZOPHRENIA
MASKED DEPRESSION

9. Measurement of Depression	115
10. Treatment of Depression	119
THE BLUES	
GRIEF REACTION	
NEUROTIC (REACTIVE) DEPRESSION	
AFFECTIVE PSYCHOSIS	
HOSPITALIZATION	
PSYCHOTHERAPY	
ELECTROCONVULSIVE THERAPY	
DRUG THERAPY	
11. Epilogue	141
References	143
Index	171