



Depression In Adults: The Latest Assessment And Treatment Strategies

Dr. Anton Tolman

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At any one time, between 5 and 15 percent of Americans suffer from clinical depression. What are the typical characteristics? What is the likelihood of recovery? What differentiates depression from other disorders? What environmental and biological influences may cause depression? What are the biological influences and treatments? What are the most effective treatments ? medication, psychotherapy, or both? You'll find easy-to-grasp answers to these and other questions ? plus pros and cons of different clinical strategies ? in this condensed resource. Plus 6 differential diagnostic concerns, 10 key suicide risk factors, Evidence-based treatment algorithms for depression, Typical presentations ? agitated or withdrawn, 12 tools for evaluating suicide risk, 16 depression assessment instruments, Behavioral, cognitive, and group therapy guidelines, First-, second-, and third-line medication treatments, Alternative treatments, including ECT, St. John's Wort, and experimental therapies and Suicide assessment and intervention strategies

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