Index

Page numbers in italics refer to the words extracted from tables and figures.

8-factor model 76, 78, 79
active listening 181
active role play 181
activities, enjoyable 215
acupressure 213
acupuncture 213
acute management 37, 45
acute stress 107, 117
adaptability 80, 93
adjustment disorder 85, 87
adrenal gland activity
ginseng 218
agitation 17, 18, 24, 33, 34, 39, 41, 226
agonist model 107, 117
agreeableness 72, 73, 78-80
air ionisation 213
alcohol avoidance 222
alcohol intoxication 91
alcohol, for relaxation 213
analogous model
non-melancholic depression 53
anthropology 24
antidepressants 5, 10, 36, 40, 45
antidepressant benefit 213
antidepressant medication
maintenance issues 45
non-melancholic depression 95
psychological intervention 95, 148
relaxation therapy 217
role of medication 115, 139, 140-141, 151, 153, 163, 182, 211
unipolar psychotic depression 45
antidepressant treatment 11, 27, 36
psychoeducational programs 48

anxiety-management skills 113
anxiety-management strategies 170-172
anxiety-reduction
skills and techniques 151
strategies 120, 148, 169, 181, 190
anxiolytic medications 116, 120
anxious depression 27, 74, 84
anxious worrying
building resilience 163
catastrophic thoughts 154, 159
clinical observation 72
faulty ion channels 155, 165, 197, 204
non-melancholic depression 154
psychological intervention 159
re-surfacing 155
role of medication 163
ruminative 154, 215
spectrum model 82
style 154–155
aromatherapy 214
art therapy 214
assertiveness training 150, 152, 188, 190, 198, 200
attribution theories 87
attributIONal channels 60, 116, 118, 130, 132, 173, 175, 202, 204
atypical antipsychotic drugs 39, 45, 48, 49, 199, 201
atypical depression features 184
augmentation strategies
antipsychotic drugs 39, 45, 201
autonomic arousal 77, 143, 159, 161, 169, 173
aversive stimulation 165, 184, 186
aversive types 165, 176, 178
Beck Depression Inventory Primary Care 224

behaviour therapy 6, 68, 98, 99
behavioural modelling 172, 181, 189, 190, 200
behavioural strategies 99, 152
bibliotherapy 6, 169, 214
biochemical changes 90
biological depression 63
biologist
lumpers 13, 23
splitters 13, 23
bipolar depression
long haul 49
straightforward procedures 49
bipolar disorder
creativity 19
depressed patients
bipolar course 48
cyclothymic personality style 48
fish oil 218
melancholic depression 31, 47, 212
non-specific findings 7
oscillating 47
self-confidence 19
vivid and crystal clear 19
bipolar I
hospitalisation 19
psychotic depression 47
psychotic episodes 19
bipolar II
melancholic depression 47
normal personality style 19
sub-syndromal dysfunction 47
bipolar melancholic depression
antipsychotic drugs 49
non-drug approaches 48
Black Dog Institute
hierarchical model 24, 95
bounce back 89
brain chemistry 91
brain serotonin level 213
breathing exercise 114, 148, 150, 159, 161, 190, 192
building resilience
anxious worrying 163
irritability 152
isolate 152
perfectionist 141
personal reserve 182
problem-solving skills 92, 103, 161, 163
quarantine 152
rejection sensitivity 192
role plays 141, 151, 171, 181, 189, 190, 200
social avoidance 172
caffeine avoidance 222
casual acquaintances 174
casual social interactions 174
cell membrane 57, 109, 155
caracterological depression 73, 75
chemical neurotransmission 54, 62
chocolate 222
chronic stress 123–130
circadian rhythms 216
clinical depression
biological type 15
colour therapy 214
dimensional approach 17
DMI-18 and DMI-10 225
motivation 16
non-melancholic disorders 15
biological perturbations 53
person's capacity 16
clinical diagnosis
psychomotor disturbance 42
clinical management
depressive disorders
current model 1
cluster B condition 71
cluster C disorders 71
cognitive and behaviour therapy (CBT) 7, 63, 68, 98–99, 215, 217
cognitive schemas
coping repertoires 61, 165
defence mechanisms 61
intracellular enzymes 61, 155, 158
colour therapy 214
communication channel
synaptic cleft 60, 62
co-morbid conditions 10, 71, 217
complex second messenger 132, 134, 157–158, 175, 182
Composite International Diagnostic Interview 224
conscientiousness 72–74, 77, 79
control anxiety 171

coping repertoires stressors or stressor severity 15
coping skills 121, 179, 201, 208
counselling 102–103
Cronbach’s alpha 224
cut-off score high sensitivity 17
dance, and movement 215
decompositional listening 100
decompositional questioning 101, 138
declaration of independence non-specific findings 7–10
treatment effects 10–13
trouble with RCTs 5–7
wrong model 4–5
Depression in the Medically Ill see DMI
depression sub-typing independence and interdependence 21–28
depressive disorders acupressure 213
acute stress 107
bipolar melancholic depression 47
clinical depression 16
current model 1
declaration of independence 3
depressive episodes 88
dietary change alcohol avoidance 224
improving sleep 218
kava kava 219
laughter therapy 215
meditation and yoga 216
modelling and managing 105
natural and alternative treatments range 212
non-melancholic depression modelling and managing 105
non-melancholic disorders 53, 62, 79, 86, 105
phenylalanine 220
psychological interventions 95
psychomotor disturbance 226
relaxation therapy 217
self-esteem 64

stress 85
therapist characteristic 97
treatment 49, 95, 218, 220
vulnerability 90–91
wrong model 4–5
depressive episodes acute stress 107
maintaining flexibility 91
adaptability 93
melancholic 49
non-melancholic 26, 70, 105, 107
problem-solving skills 103
psychotherapies 98, 100, 102
sleep improvement 218
vulnerability 90–91
depressive illness
aromatherapy 214
bibliotherapy 214
caffeine avoidance or reduction 222
enjoyable activities 215
light therapy 216
pets 217
5-adenosylmethionine 220
St John’s wort 220
depressive reaction 107, 123, 165
depressive rumination 43, 114, 121
depressive symptoms 17, 62, 95–96, 213, 215, 221
depressogen psychotransmitter 108
diagnosing depression
phenomenological 14
Diagnostic and Statistical Manual of Mental Disorders (DSM) 4, 11 15, 25, 76, 224
didactic learning 181
dietary change 213, 222–223
dimensional model 3, 4, 11, 13, 17, 24
disorganisation 140
diurnal variation 18, 32, 41, 44
DMI 17–18, 224–225
dose–response relationship 227
drug treatment 48, 192
drug–drug interactions
DSM-IV classification 15, 76, 82, 224
dual-action antidepressant 38–39, 49–50
dysfunctional
cognitions 98, 120–121, 139, 169
relationships 190
thoughts 135, 168, 178, 187, 198
dysthymic affect 216
effective intervention, barriers
acute stress-related, non-melancholic 115
anxious worrying 163
chronic stress 130
irritability 152
key and lock model 122
perfectionism 75–76, 84, 131, 141, 223, 228
perfectionist 141
personal reserve 182
rejection sensitivity 192
self-criticism 210
self-focused 201
social avoidance 173
electro-acupuncture 213
electroconvulsive therapy (ECT)
anticipatant drug 36–37, 40, 45
electroencephalogram 216
embryonic basis 65
emotional health 183
emotional level 174, 182
emotional support 174
endogenous depression 22, 42, 85
endorphin level 213
exercise
improving sleep 218
intervention strategies 114, 150, 161
melancholic depression 41
muscle tension 215
psychological intervention
principle 148, 159
exploration 119, 179, 181
externalising style 76, 77
extreme fatigue 184
Eysenckian model 72
faulty ion channel 155, 158, 165, 197, 203, 204
faulty neurotransmission
multi-components 59
FFM 72–75, 77–80
first messenger see neurotransmitter molecules
fish oil
omega 3 fatty acids 218
five-factor model see FFM
functional and structural melancholia
electroconvulsive therapy
basal ganglia volume 36, 37
magnetic resonance imaging 35
prefrontal cortex 37
functional model 38
greater dopaminergic 45
psychotic depression 45
geneic predisposition 90
getting started
acute stress-related, non-melancholic 122
anxious worrying 160
chronic stress 128
irritability 149
key and lock model 120
perfectionist 137
personal reserve 180
rejection sensitivity 189
self-criticism 208
self-focused 199
social avoidance 170
Ginkgo 218–219
ginseng 218
glutamine 219
grief
individual’s self-esteem 14, 66, 100
phenomenological distinction 14
group-based interventions 148, 169
headache 112, 222
hierachical approach
mood-state items 18
psychomotor disturbance (PMD) 18
vegetative items 18
historical biographies 89
homoeopathy 219
homoeostatic mechanism 26, 82
horses for courses 9, 95
Hospital Anxiety and Depression Scale 224
hostile depression 74, 82, 84
hyperphagia 184
hypersomnia 17, 82, 184
hypersomnolence 184
ICD 3, 4, 17, 25, 80
importuning 34, 44
impulsiveness 71
Index

individual’s self-esteem 14, 28, 59, 68, 85
innate excitability 60, 84, 144
internalising style 76
International Classification of Diseases (ICD-10) clinical depression 17
personality functioning 79–80
interpersonal area 100, 179
communication 90
conflict 92, 100, 152, 184
disputes 190
issues 188–190
interpersonal psychotherapy (IPT) 99–100
intervention areas acute stress-related, non-melancholic 112
anxious worrying 159
chronic stress 128
irritability 149
key and lock model 120
perfectionist 138
personal reserve 181
problem area 138, 150, 161, 171, 181, 190, 200, 209
psychological intervention interactive effects 98
non-melancholic depression 95
patient characteristics 97
therapy characteristics 97–98
psychological therapies cognitive and behavioural 98–99
counselling 102–103
interpersonal psychotherapy 99–100
narrative therapy 100–101
problem-solving skills 103
psychotherapies 102
solution-focused therapies 101–102
rejection sensitivity 190
self-criticism 209
self-focused 199
social avoidance 169
intervention strategies acute stress 111–113
anxious worrying 159–160
catastrophising 161
chronic stress 128–129
desensitise 151, 172
frustrating situations 151
irritability and non-melancholic depression 150–151
key and lock model, acute stress-related 120–121
non-melancholic depression 103
overgeneralising 161
perfectionist personality 137
personal reserve 180–181
psychotic depression 48
rejection sensitivity 188–189
self-blame 74, 77, 138–139, 203
self-criticism 14, 28, 66, 76, 131, 136, 164, 202, 209
self-focused 198–199
social avoidance 169–170
intradcellular enzymes 55–57, 61, 132, 155
intradcellular mediators 132–133, 144–145, 165, 175, 203
intradcellular processes 144, 145, 185, 202–205
intradcellular proteins and enzymes 165, 184, 194, 197, 204
intra-psycheic threats 70
introversion 73–75, 77–78
ion channels attributONAL 63, 68, 87, 117, 118, 132, 155, 176, 185
irritability autonomic arousal 72, 77, 113, 150, 159, 169, 173
irritable personality style 143–144, 149
temperamentl 144
tempered 73, 78, 143
volatile 73, 77, 143
isolate or quarantine stressors 152, 210
kava kava 219
key and lock model 64, 87, 107, 117, 120, 165, 178, 197
laughter therapy 215
leaden paralysis 82, 184
learned helplessness model 86, 99
lemon balm 219
Lefhan distance healing 215
life-event stress 24, 53, 61, 103
lifestyle and behaviour change 213–218
lifestyle problems 92, 149, 179
light therapy 216, 223
low self-esteem 73, 75, 127, 129, 187, 209
L-tryptophan 82
maintaining flexibility 93
maintenance issue 45
major depression
depressed mood 14
melancholic 18
non-melancholic 18
paradigm 4
procrustean model 11
psychiatric treatment 216
self-criticism 14
self-esteem or self-worth 14
maladaptive behaviours 96, 179, 181–182, 192
malfunction 59, 132
management
anger management 147, 150, 152, 199–201
anxiety-management skills 113, 179
anxiety-management strategies 122, 171–172
melancholic depression 33, 39
psychotic depression 29, 44
stress management 159, 161, 173
time-management strategies 160–162
unipolar melancholic depression 45, 47
management decision 83
management strategies 32, 45, 122, 160, 171–172
massage 214, 216
mechanistic processes 12, 54
medication, role
acute stress-related, non-melancholic 115–116
antidepressant medication 4, 27, 45, 74, 84, 95, 116, 141
anxiety-reduction properties 153
anxious worrying 163
chronic stress, non-melancholic 130
emotional dysregulation 84, 141, 153, 165
key and lock model 120
perfectionist personality, non-melancholic 141
personal reserve 182
rejection sensitivity 189
self-criticism 209
self-focused 199
social avoidance 173
SSRI
emotional dysregulation 84, 141, 153, 163
meditation and yoga 216
meditation programme 169
meditative techniques 192
melancholia diagnosing
endogeneity symptoms 32, 35
melancholic depression
anhedonia 32, 35
bipolar 47
dementia
pseudo-dementia 44, 226
true dementia 44
diagnosing melanchoha 32
functional and structural 35–37
maintenance issues 40
management 31
mood-lifting situations 32
psychotransmitter model 59
self-report biases 32–33
symptoms 32–35
unipolar melanchoha 32, 40
mental exhaustion 93
messenger system 62, 68
meta-analysis 5, 6, 45
metabolic imbalances 90
metaphorical illustration 54, 60, 62
mindfulness therapy 93
monoamine oxidase inhibitor (MAOI) 38–39, 45, 49, 192
mood disorders unit
melancholia 24, 32, 35, 37
psychotic depression 18, 24, 31, 42, 83, 212
muscle relaxation 150, 161, 192, 217
music 216
narrative therapy 91, 100–101
narrow-action antidepressant 38–40, 45, 49
natural and alternative treatments 212
natural progesterone 219
nature-depressive disorders 90
negative air ionization 213
negative cognitive errors 98
negative thinking styles
challenging 129
negative self-statements
challenging 191
neurochemical pathways 90
neuron excitability 145, 156
neuronal model 165, 175
neuronal stimulation 58, 144, 165
neurotism 60, 72, 75, 77, 78, 155
neurotransmission
elements 54–58
neurotransmitter model 53, 55, 62
multiple components 59
neurotransmitter molecules
post-synaptic neuron 54, 56
pre-synaptic neuron 55
synaptic cleft 54–55, 60
neurotransmitter pathways 95
neutralising event 115, 128
non-confrontational style 180
non-interactiveness 34, 226
non-melancholic depression
acute stress-related
problem-solving 115
relaxation training 114
slow-breathing exercise 114
anxious worrying 154
chronic stress-related 123
cognitive and behavioural
therapies 98
elements 54
general model 72
intervention strategies 103–104
irritability 143
key and lock model 117
multiple components 59
natural and alternative treatments
lifestyle 213
range 212
our model 53
patient characteristics 97
personal reserve 174
personality contribution 84
personality style 131
pluralistic clinical strategies
PMD 24, 28
psychological formulations 96
psychological interventions 95–96
principles 111–112
psychological therapies
cognitive and behavioural 98–99
counselling 102–103
interpersonal psychotherapy 99–100
narrative therapy 100–101
other types 103
problem-solving skills 103
psychotherapies 102
solution-focused therapies 101–102
psychotherapy 102
psychotransmitter model 59, 107, 109
rejection sensitivity 183
role of medication 141, 163
self-criticism 202
self-focused style 193
social avoidance 164–165
spectrum model 82–83
stress 85
non-melancholic depressive disorder 53, 62, 105
non-prescription medicines 218–221
noradrenergic contribution 27, 38, 45, 63
noradrenergic neurotransmitter function 27
normal depression 14, 16, 85
restitutive coping repertoires 15, 62
nuances 39, 54, 67, 83, 190
non-melancholic depression 28
treatment guidelines
British Association for
Psychopharmacology (BAP) 48
STEP Programme 48
numerous studies 22, 31, 44
FDA 6
‘one size fits all’ model 95
open-heart surgery 87, 119
painkillers 220
palaeontology
depressive disorders 21, 24, 49, 53, 79
Index

endogenous 22, 31, 42, 85
Homo erectus 23
Homo sapiens 23
melancholic 22, 24, 26, 32, 38, 83
neurotic 22, 25, 60, 72, 75
point of cleavage 23
reactive
biological type 15, 22
prognosis 22, 37, 40
swamping 23
whimsical classificatory
domesticated, terrestrial, aquatic 23
panic attacks 187, 192, 222
paranoid individuals 64
parental care 65, 67, 71
Parkinson's disease 24
patient characteristics
non-melancholic depression 97
perceptual style 60, 88
perfectionism
building resilience 141
effective intervention 141
irritability 73–74, 76, 79, 82, 143–144, 147, 149, 153, 223, 228
perfectionist personality style 131
personal reserve 75–77, 174, 180, 182, 228
perfectionist personality style 131−135
perpetuate dysfunctional 182
perpetuate problems 179
personal level 171, 174
personal reserve style 174−175
personal vulnerabilities 170
personality contribution
non-melancholic depression 84
personality disorder 10, 71
personality functioning 71, 79−82
personality model 72−79
personality style
coping repertoires 62
functioning, and 70
irritable 143–144
neuron registers 60
perfectionist 131−132
personal reserve 174−175
rejection sensitivity 183–184
restitutive personality 62
self-critical 202–203
self-focused 193–194
social avoidance 164–165
pessimistic 14, 18, 77, 80, 123
pets 217
phenylalanine 220, 221
physical appearance 68
physical sensation 91
physical treatment approaches 4, 48
ECT 36, 37
PMD see psychomotor disturbance
post-synaptic neuron 54, 56–57, 108, 109, 117
receptor complex 56
potential stresses 132, 169
practical strategies
self-efficacy 60, 91, 99, 111, 135, 140, 171, 212
self-mastery 132, 203
prayer 217
precipitating factors 170
precipitating stresses 170
premature discontinuation 171, 199, 209
premature termination 180, 192, 201
preoccupations 44, 46, 140
principles of psychological intervention
anxiety-reduction strategy 148
individual therapy 179
key and lock approach 119
problem-solving strategy 111, 127
self-consolatory behaviours 136
progesterone, natural 219
progressive muscle relation 217
promote resilience 88, 93, 169
protein defence 166, 176, 204
protective cognitions 87
pseudo-dementia 44, 226
psychiatric services 225
psychiatric treatment 216
psychiatry 5, 11, 12, 21, 25
psychobiological determinants
bottom-up model 27, 81
composite ‘spectrum’ model 26, 27, 74, 82
top-down model 27
psychological improvements 170
psychological intervention
acute stress, key and lock model 119
anger management 147, 150, 152, 199, 201
psychological intervention (contd)
anxiety-reduction strategies 120, 148, 167, 181
anxious worrying 159
assertiveness training 150, 152, 190, 200
chronic stress 127
conflict resolution skills 152, 200
irritability 148
non-melancholic depression 95–104
perfectionist 136
personal reserve 175
principles 111, 119, 127, 136, 148, 159, 169, 179
reckless 77, 83, 131, 136
rejection sensitivity 188
self-consolatory behaviours 121, 136
self-criticism 207
self-focused 198
short-term interventions 148
social avoidance 169
structure 199
psychological strategies 136, 149, 169, 170
symptoms 93, 219
therapy 113, 169, 170, 192
treatment 96–97, 169
psychomotor disturbance
concentration problems 18, 33, 37
core system 226
gastrointestinal motility 44
melancholic and psychotic depression 18, 27, 41, 44, 83
temporary improvement 44
psychotherapy 99–100, 102
psychotic depression
acute management 45
bipolar 47–50
classification 42
clinical diagnosis 42–44
maintenance issues 45–46
management 31, 44
phenomenological 42
psychotic features
hallucinations 18, 25, 43
psychotransmitter bombardment 109, 126
psychotransmitter model
acute stress 107–109, 117–118
anxious worrying 155–158
attributoNal channels 60, 118, 132, 175
chronic stress 123
coping styles 90, 123–124, 185, 198, 203
crabiness 144
intracellular enzymes 55, 61, 132, 155, 158
intracellular mediators 132, 144, 165, 175, 203
intracellular proteins 56, 109, 110, 165, 184, 194, 204, 235
ion channel activity 203, 204, 235
irritability 144
maladaptive intracellular processes 204
negative cognitive schemas 155, 156, 158, 210
neuron 54
neuronal stimulation 58, 144, 165
neurotransmitter analogy 144
neurotransmitter docking 155
non-melancholic depression 59–60, 62
perfectionist 132
personal reserve 175–178
post-synaptic neuron 56, 108–109, 117
rejection sensitivity 184–186
self-blame 75, 203
self-critical 203–205
self-esteem 59, 117, 123, 125, 134, 144, 165, 184, 194, 205
self-focused 194–197
social avoidance 165–167
psychotransmitter neuron 84
psychotropic drugs 39, 40, 45, 49, 199
randomised control trial (RCT)
active drugs 7
acupuncture 213
bipolar melancholic depression 49
natural and alternative treatments
range 212
numerous explicit 5
permutations and combinations 47
placebo or control interventions 5
treatment guidelines 5
unipolar depression 47
RCT-generated evidence 6–8, 47, 212, 216, 221
Index

BCT, trouble 5–7
reactive disorder 25, 85–87
receptor
  complex 56, 59, 205
  psychotransmitter model 108, 117, 175, 194
  sensitivity 147, 155, 184
receptor-binding
  ion channels 54
rejection sensitivity
  areas for intervention 190
  barriers to effective intervention 192
  building resilience 192
  getting started 189
  intervention strategies 190–192
  principles of psychological intervention 188
  psychotransmitter model 184–186
role of medication 192
sort of therapist 188
style 183–184
relaxation therapy
  antidepressant medication 142, 217
  psychotransmitter model 144
relaxation training 41, 114, 150, 161
resilience 89–90
  depressive episodes 90–91
  flexibility and adaptability 93
to depression 92–93
retardation 17, 18, 24, 33–34, 226
rumination 131–132, 138, 162, 184
S-adenosylmethionine 220
saliency mechanisms 165, 166, 175, 176, 185, 204
salient stressors 124, 145
schizophrenia 12, 44
secondary messenger system 68
selective serotonin reuptake inhibitor see SSRIs
selenium 220
self-blame 74–75, 77, 138, 139, 203
self-centredness 73–75, 83
self-concept 64
self-confidence 92, 111, 113, 127, 162, 203, 207
self-consoling behaviours 184
self-criticism
  depression 14
diagnosing depression 14
non-melancholic depression 202–211
perfectionist personality style 131, 132
personality style 76
psychological intervention 136, 207
psychotransmitter model 203
self-defeating 86, 80, 207
self-descriptions 66
self-directed tasks 169
self-directedness 81
self-disclosure 175, 177, 180–181
self-efficacy
  intervention areas 138, 161, 171
  non-melancholic depression 212
  psychological intervention 136
  psychological therapies 99
psychotransmitter model 132
resilience 91, 152
self-esteem 64–69
  art therapy 214
  building resilience 152, 210
  chronic stress 123
  confidence 92, 100, 112, 127, 170
  depression, diagnosing 14
  external 66
  individual 25, 59, 60, 64–69, 85
  internal 65
  national 69
  non-melancholic depression 53
  psychotransmitter model 59, 60, 61, 123
  psychological intervention 207
psychotransmitter model
  anxious worrying 156
  irritability 165
  rejection sensitivity 184
self-criticism 202
self-focused personality 194
resilience 91
self-criticism 66
self-efficacy 60, 111, 140
self-esteem expression 28, 53, 59, 64, 68, 85, 204, 214
gene expression 54
self-focused 193
self-perceptions 127, 129, 191, 209, 210
self-regard 91
self-remitting 12, 85
self-slighting 64
self-statements 121, 191, 209, 210
sensitivity and interpersonal stresses 189
sensitivity to rejection 76, 77, 189, 190, 228
serotonergic neurotransmitter dysfunction 27
serotonin metabolite 218
severe expressions 34, 42
sub-clinical expression 4
sub-syndromal 4, 8, 47
significant depression 178
sleep deprivation 91, 93
sleep improvement 218
social anxieties 169, 171
social avoidance 76–77, 164–165, 169, 170, 173, 228
social competence 171
social contacts 165, 168, 174
social events 68, 173, 180, 187
social factor
workable formulation 19
social function 168–169, 172, 191
social inhibition 79, 82
social interaction 169, 171–172, 174–175, 182, 215
case vignette – Alan 168
dance and movement 215
exercise 215
intervention strategies 171–172, 181, 190
personal reserve style 174, 175
social isolation 100, 143, 168, 171–172
social life 162, 168
social phobia 82, 173
social shyness 75
social situation 164–165, 168–172
social skills 168, 171–172, 179, 181, 200
social stimulation 164
social stressors 127, 168
social support
patient characteristics 97
prayer 217
social avoidance 165, 172
social support networks 159, 171–172, 174, 181, 198, 200
sociotropic 76
solitary activities 164–165, 168, 174, 175
solution-focused therapies 101
spectrum model
personality style 82–83
psychomotor disturbance 83
SSRI 27, 38, 50, 84, 115, 122, 153, 173, 221
St John's wort 220–221
stressful activities 181
stress-management strategies 173
stress-related depression 123, 129
stress-related symptoms 221
structural melancholia 35–36, 37, 44
sub-typing model 13, 79
sugar avoidance 222
suicidal depression 67
suicidal ideation 17, 18, 127
supportive environment 169
supportive psychotherapy 102
switch-off self-esteem 61, 132, 134, 144, 165, 184, 205
T&P questionnaire 78
taxonomy
psychiatry 5, 11, 13, 21–22
team player 168
temperament and personality measure 228
temperament and personality questionnaire
anxious worrying style 154
irritable personality style 143
perfectionist personality style 131
personal reserve style 174
rejection sensitivity style 183
self-critical personality style 202
social avoidance personality style 164
test–retest reliabilities 228
therapeutic alliance 84, 98, 112, 132, 169
therapeutic ingredient 84, 180
therapeutic relationships 96, 119, 127, 168, 200
therapeutic role play 189
therapist characteristics
non-melancholic depression 97
therapy characteristics
non-melancholic depression 97
therapy process 188, 208
therapy progress 170–171
therapy sessions
goinging started 189, 208
intervention strategies 120–121, 150, 171, 183, 190, 200
Index

psychological intervention 179
psychotherapies 102
therapist, sort of 119, 199
therapy termination 188
total depression score 224
treatment effects 10
tri cyclic antidepressant (TCA) 37–39, 45, 49, 50, 213
tyrosine 221
undirected therapies 98
unipolar melancholic depression
acute management
psychotherapies 37, 84, 102
maintenance issues 40, 45
olanzapine 38, 40, 49
unipolar psychotic depression
acute management 37–40
antipsychotic medications 45
clinical management 45
maintenance issues 40–41
physical treatment 37
up-regulation 57–58, 109
valerian 221
vervain 221
videotaping 172, 182
vitamins 213, 221
vulnerability
depressive episodes 90–91
what sort of therapist
acute stress-related, non-melancholic 112
anxious worrying 160
chronic stress 127
irritability 149
key and lock model 119
perfectionist 137
personal reserve 180
rejection sensitivity 188
self-criticism 207
self-focused 199
social avoidance 170
winter depression 213, 216, 221, 223
work-productiveness 81
World Health Organization 90
wrong model 4–5