The depressed child and adolescent

In this new, thoroughly revised and updated edition an international, interdisciplinary team of mental health experts draws together the latest findings in the psychopathology of depression in young people. Combining theory and practice, the psychological, neurochemical and genetic causes are discussed and an account of the clinical characteristics and frequency of the condition is given. The key questions are fully addressed: the importance of life events and difficulties in the onset and continuation of depression; the efficacy of current psychological therapies and the role of medication; how depressed young people progress into adult life; and how depression arises and the effects it may exert on brain and behaviour during this crucial developmental period.

This book will appeal to child psychiatrists and psychologists, developmental psychologists, neuroscientists and mental health professionals in clinical services.

'Ian Goodyer has assembled an internationally recognized group of researchers as authors . . . In the resulting tour de force, we are taken from an exposition of the development of emotional behavior and understanding, through the contributions of temperament, attachment and personality development, to depressive vulnerability . . . Each chapter contains a depth of information not found in usual textbooks and a subtlety of understanding that only experts of international standing who are reviewing the areas of their own research can provide . . . this book documents, with references, the great strides child and adolescent psychiatry and psychology have made in the past 30 years.'


Ian M. Goodyer is foundation Professor of Child and Adolescent Psychiatry at the University of Cambridge and Secretary-General of the International Association of Child and Adolescent Psychiatry and Allied Professions. He is widely published in the field of child and adolescent depression and the focus of his work is on the relations between social, emotional, cognitive and endocrine factors in the onset, course and outcome of major depression in young people.
Cambridge Child and Adolescent Psychiatry

Child and adolescent psychiatry is an important and growing area of clinical psychiatry. The last decade has seen a rapid expansion of scientific knowledge in this field and has provided a new understanding of the underlying pathology of mental disorders in these age groups. This series is aimed at practitioners and researchers both in child and adolescent mental health services and developmental and clinical neuroscience. Focusing on psychopathology, it highlights those topics where the growth of knowledge has had the greatest impact on clinical practice and on the treatment and understanding of mental illness. Individual volumes benefit both from the international expertise of their contributors and a coherence generated through a uniform style and structure for the series. Each volume provides firstly an historical overview and a clear descriptive account of the psychopathology of a specific disorder or group of related disorders. These features then form the basis for a thorough critical review of the etiology, natural history, management, prevention and impact on later adult adjustment. Whilst each volume is therefore complete in its own right, volumes also relate to each other to create a flexible and collectable series that should appeal to students as well as experienced scientists and practitioners.

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This, the second edition of *The depressed child and adolescent*, is dedicated to the memory of William Parry-Jones, Foundation Professor of Child and Adolescent Psychiatry in the University of Glasgow, Scotland, who was the inspiration for the series. It was his intention that every volume in this series should contain a chapter detailing the historical components of mental and behavioural disorders of young people, thereby providing the reader with an insight into some of the origins of current thought on the topic. Accordingly, I have included his original chapter from the first edition, entitled ‘Historical aspects of mood and its disorders in young people’, which remains perhaps the most readable and comprehensive account of how affective disorders were viewed by our predecessors.
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Preface

This, the second edition of *The depressed child and adolescent*, incorporates the latest clinical and research findings.

The resurgence of interest in emotion psychology is addressed in chapters dealing with the development of affect regulation and evaluation of self and others.

A major recent advance is the discovery that comorbid disorders at presentation and over the life span are of crucial importance for delineating depressive subtypes. A precise clinical characterization results in the development of more homogeneous groupings of depressive disorders that will improve the search for genetic as well as environmental aetiologies and enhance the specificity of neuroimaging studies.

Since the first edition, a number of treatment studies have been published in psychological therapies, and psychopharmacology has also established a scientific basis for the use of selective serotonin reuptake inhibitor (SSRI) medication. These findings remain focused on adolescents, with much still needing to be determined regarding the treatment of depression in prepubertal children. There is an increased understanding that there are aetiological pathways that involve much greater interplay between brain, mind and physiological and social environments than considered hitherto.

Whilst much remains to be done, including determining the processes and mechanisms by which genes exert their effects on the environment, it seemed timely to record the progress and achievements that have been made in the last five years by scientists and clinicians alike.

Ian Goodyer
Cambridge 2001