

# Understanding Depression



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出版者:Routledge

出版时间:1999-11

装帧:Pap

isbn:9780415165631

Understanding Depression provides an in-depth critical examination of mainstream approaches to understanding and treating depression from a feminist perspective. Janet Stoppard argues that current approaches give only partial accounts of women's experiences of depression and concludes that a better understanding will only be achieved when women's experiences and lived realities are considered in relation to the material and social conditions in which their everyday lives are embedded. The impact of this change in approach for modes of treatment are discussed and solutions are suggested. Understanding Depression will prove useful to those with an interest in depression and gender as well as mental health practitioners.

作者介绍:

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