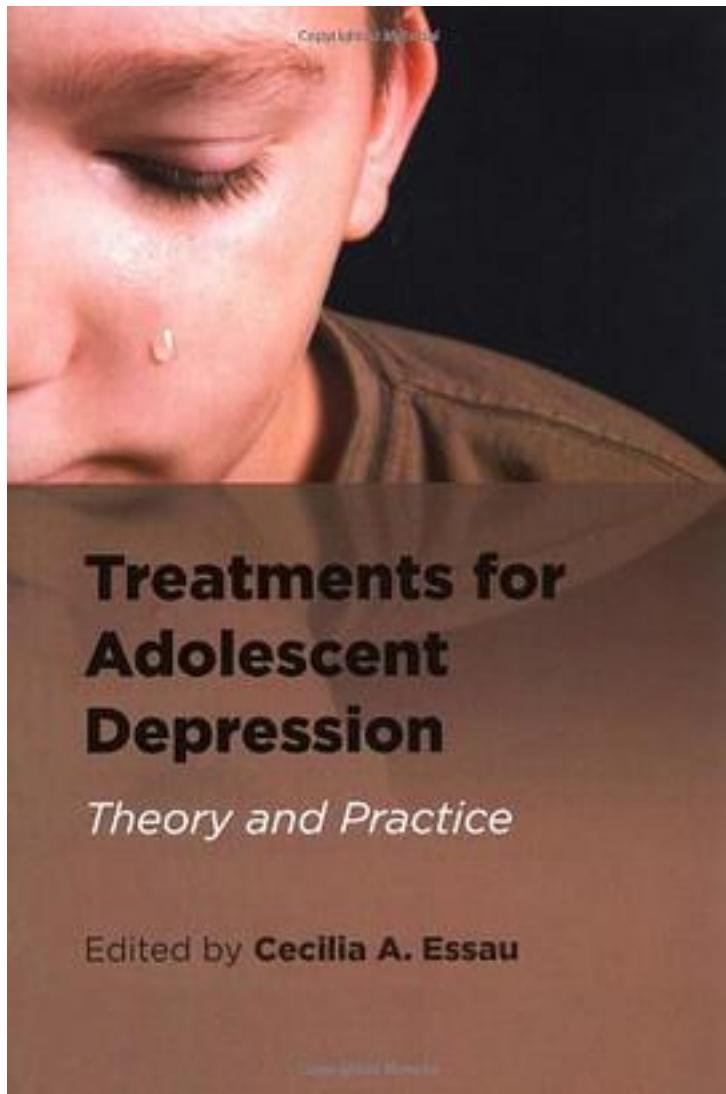


# Treatments for Adolescent Depression



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Depression is one of the most common mental health problems in adolescence. Up to 20% of adolescents suffer from depression at some point in their lives. As well as being a chronic disorder, associated with significant and persistent impairment in everyday life, there is also a strong association between depression and suicidal behavior, making depression a significant burden for both the individual, and society as a whole. In response to a growing awareness of this problem, various prevention and intervention programs have been developed. In addition, a large number of studies have examined the effectiveness of these interventions for depression. This timely, comprehensive, and authoritative volume brings together an eminent group of international experts to provide an overview of the major evidence-based treatments for depression in adolescents. This volume is divided into five sections. The first section presents an introduction to the field of adolescent depression, including classification, epidemiology, comorbidity, course, and risk of depression in adolescents. Sections two to four focus on various psychological and pharmacological interventions for adolescent depression, from various theoretical orientations. Each of the chapters in these sections begins with a description of the theoretical background of the respective intervention programs, the therapeutic goals and methods, and the way in which the interventions are delivered. In addition, studies that examined the effectiveness and their mechanisms of action are also presented and discussed. Section 5 examines the progress and unresolved issues in the treatment of adolescent depression, providing some recommendations for future studies in this field. The book will be valuable for advanced students, researchers, and clinicians in the fields of psychology, psychiatry, social work, paediatrics, and counselling.

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