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T. Giraldi

Unhappiness, Sadness and 'Depression'

Antidepressants and the Mental Disorder Epidemic

- ▶ Summarises and participates in the debate about where depression and unhappiness begin and end
- ▶ Responds to recent publications which take opposing views on psychopharmacology and depression
- ▶ Discusses recent research on the effectiveness of Cognitive Activation and Cognitive Behavioural Therapy to treat depression

This book examines existing treatments, legislation and research methodology of depression and exposes their limitations, championing psycho-social support as an alternative. Depression, affecting 350 million people according to the World Health Organisation, is almost invariably diagnosed by the criteria of the American Psychiatric Association – a definition which encompasses those with normal emotional responses to stressful life events. Tullio Giraldi discusses recent developments in popular and academic dialogue related to the use of antidepressants and recent increases in depression diagnosis and laments the rise in prescribing antidepressants despite their links to suicide and unfulfilled promises of efficacy and safety. He argues that psychotherapy is a cost effective treatment devoid of drugs' adverse effects. This work presents psycho-social support as an alternative to antidepressants, particularly for less severe cases, and as a more effective strategy for coping with the emotional challenges of today's global reality. Patients, students of medicine and psychology, and professionals of mental health will find this work valuable.



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