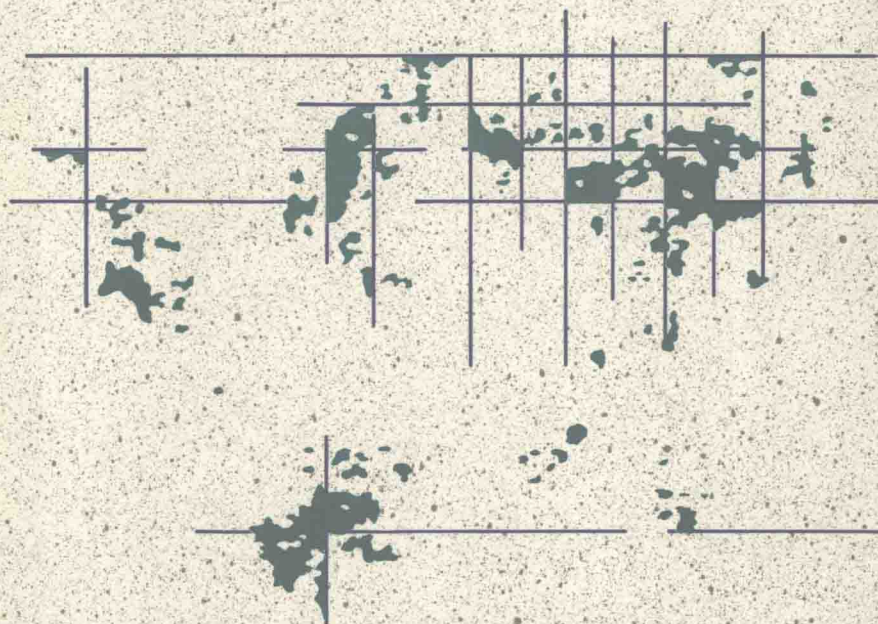

Handbook of Depression

Treatment, Assessment, and Research



Edited by

E. Edward Beckham

William R. Leber

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Ernest Edward Beckham
and
William R. Leber



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Handbook of Depression

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*To my wife, Cecilia, and
my sons, Michael and Matthew*
—EEB

*To my wife, Jennifer, and
my first mentor, Harold J. Johnson*
—WRL

Preface

The field of depression and affective disorders has become so large that no one person can keep abreast of all of the literature that is being published. In just the last 35 years there has been tremendous progress in diagnosing and treating depression, with exciting advances in both the psychological and biological realms. This book has followed traditional conceptual boundaries in specifying chapter topics—some focusing mainly on psychological aspects of depression and others focusing primarily on biological aspects. However, the philosophy behind this book is that psychology and biology interact in a very complex fashion in depression and that a body/mind dualism is not, in the final analysis, the most valuable heuristic for understanding depression.

We believe that clinicians and researchers have much to gain from working closely together. In our original letters to authors we requested that they write in a way that would not only address the areas of research and practice individually but would also attempt to bridge the gap between them. We hope that this book has accomplished that goal and that it will be a useful tool for those who research and treat depression.

There are many people who have assisted us in one way or another with this undertaking. Most of all we would like to thank our authors, who have provided such high-quality contributions. Second, we would like to thank our colleagues in the Treatment of Depression Collaborative Research Program, who have encouraged us in this project. John Watkins and Irene Elkin were supportive of the project from the very beginning. We are also indebted to Gene Walker for his initial encouragement to undertake this task and for his invaluable assistance throughout. Finally, we are very appreciative of our secretary for this project, Judy Short, for her efficient handling of the voluminous correspondence that has been involved.

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