



Clinical Guide to Depression and Bipolar Disorder: Findings from the Collaborative Depression Study

Martin B. Keller MD, William H. Coryell MD, Jean Endicott PhD, Jack D. Maser PhD, Pamela J. Schettler PhD

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Clinical Guide to Depression and Bipolar Disorder: Findings From the Collaborative Depression Study builds on research from the vastly influential NIMH Collaborative Depression Study (CDS) to provide clinicians with information they can use to assess, diagnose, treat, and understand how their patients will likely fare over the course of their illness. Prior to the CDS, there had been no longitudinal study of this scope and clinical focus, and the data has yielded knowledge that, enriched by ongoing research, provides essential guidance to mental health practitioners for effective treatment of their patients with mood disorders. The volume's editors and contributors are experts in mood disorder research, and they have created a work of uncommon value and utility. After a succinct but thorough summary of the history and methodology of the CDS, the book highlights the significance of CDS findings on mood disorders, including major depressive disorder and bipolar disorder, with emphasis on clinical course, interventions, and outcomes. Chapters on genetic factors and comorbidities provide critical context, and chapter-ending summaries of clinical implications help to highlight the importance of the CDS findings for clinical practice. Concise, authoritative, and evidence-based, Clinical Guide to Depression and Bipolar Disorder: Findings From the Collaborative Depression Study will be a welcome resource for mental health clinicians.

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