



Understanding Teenage Depression: A Guide to Diagnosis, Treatment, and Management

Nicholas Bakalar

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Based on the latest scientific findings, a comprehensive guide to the diagnosis and treatment of teenage depression.

Each year thousands of American teenagers are diagnosed with clinical depression. If ignored, poorly treated, or left untreated, it can be a devastating illness for adolescents and their families. Drawing on her many years of experience as a psychiatrist working with teenagers, Dr. Maureen Empfield answers the questions parents and teens have about depression, providing detailed information on:

- *Identifying the different types of depression
- *How depression is diagnosed
- *Which teenagers are most at risk
- *Suicide
- *The effect of depression on other teenage problems
- *How depression is treated and by whom
- *The drugs used to treat teenage depression - what they are and how they work
- *When a teenager needs to be hospitalized for depression
- *and more

Understanding Teenage Depression provides the latest scientific findings on this serious condition, and the most up to date information on its treatment. The book includes numerous vignettes drawn from Dr. Empfield's clinical practice as well as first person accounts from teenagers who have themselves suffered from depression. *Understanding Teenage Depression* is a book that anyone who's been touched by this disease - whether parents, teachers, family members or teens themselves - will find invaluable.

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