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The EVOLUTIONARY
ORIGINS *of the*
DEPRESSION EPIDEMIC

JONATHAN
ROTTENBERG

The Depths The Evolutionary Origins Of The Depression Epidemic

Paul Gilbert

The Depths The Evolutionary Origins Of The Depression Epidemic:

The Depths Jonathan Rottenberg, 2014-02-11 Nearly every depressed person is assured by doctors well meaning friends and family the media and ubiquitous advertisements that the underlying problem is a chemical imbalance Such a simple defect should be fixable yet despite all of the resources that have been devoted to finding a pharmacological solution depression remains stubbornly widespread Why are we losing this fight In this humane and illuminating challenge to defeat models of depression psychologist Jonathan Rottenberg argues that depression is a particularly severe outgrowth of our natural capacity for emotion In other words it is a low mood gone haywire Drawing on recent developments in the science of mood and his own harrowing depressive experience as a young adult Rottenberg explains depression in evolutionary terms showing how its dark pull arises from adaptations that evolved to help our ancestors ensure their survival Moods high and low evolved to compel us to more efficiently pursue rewards While this worked for our ancestors our modern environment in which daily survival is no longer a sole focus makes it all too easy for low mood to slide into severe long lasting depression Weaving together experimental and epidemiological research clinical observations and the voices of individuals who have struggled with depression The Depths offers a bold new account of why depression endures and makes a strong case for de stigmatizing this increasingly common condition In so doing Rottenberg offers hope in the form of his own and other patients recovery and points the way towards new paths for treatment **Depression** Jonathan Rottenberg, 2022 A pithy go to guide for understanding both what we know about the causes of depression and what to do about it Depression now affects more than fifteen percent of the population and it is striking people at younger and younger ages Depression is all too familiar yet it remains shrouded in mystery confusion and fear What is depression exactly How is it different from sadness It is said that depression is a chemical imbalance but what does that really mean Which chemicals are involved and how are they imbalanced Why is it that just as more research and treatment resources are poured into combating depression its personal and economic toll has actually grown What is fueling the epidemic of depression Is there anything that can be done to stop it Depression What Everyone Needs to Know R cuts through the confusion around this often debilitating illness to address the core of these and other matters Jonathan Rottenberg offers a practical reader friendly synthesis that bridges clinical science clinical practice and everyday life Written in the pithy straightforward style of Oxford's What Everyone Needs to Know R series this volume is the essential go to guide both for understanding what we know about the causes of depression and the depression epidemic and for learning what to do about it including material on how to recognize depression in oneself a family member or a friend and how to navigate life after depression Written for all those who struggle with depression their loved ones mental health professionals and the wider public Depression What Everyone Needs to Know R offers guidance for navigating the bewildering marketplace of treatment options while combatting the misinformation and myths that still surround this condition **Textbook of Evolutionary Psychiatry and Psychosomatic Medicine** Martin

Brüne,2015-10-29 This book is unique in taking an evolutionary perspective to understanding psychiatric and psychosomatic conditions It explores how the human brain mind has been shaped by natural and sexual selection and why adaptations to environmental conditions in our evolutionary past may not always work in our best interests

The SAGE Handbook of Evolutionary Psychology Todd K. Shackelford,2020-11-25 Evolutionary psychology is an important and rapidly expanding

area in the life social and behavioral sciences and this Handbook represents the most comprehensive and up to date reference text in the field today Chapters in this Handbook address real world and practical applications of evolutionary psychology such as applications to medicine psychiatry law and technology The SAGE Handbook of Evolutionary Psychology is an essential resource for researchers graduate students and advanced undergraduate students in all areas of psychology and in related disciplines across the life social and behavioral sciences Part 1 Applications to Health and Well Being Part 2

Applications to Law and Order Part 3 Applications to Technology Communications and the Future

Developing Person Through Childhood and Adolescence Kathleen Stassen Berger,2015-04-15 Exceptional in its currency global in its cultural reach Kathleen Berger's portrait of the scientific investigation of childhood and adolescent development helps bring an evolving field into the evolving classroom Guided by Berger's clear inviting authorial voice and page after page of fascinating examples from cultures around the world students see how classic and current research and the lives of real people shape the field's core theories and concepts In addition to Kathleen Berger's exhaustive updating of the research this edition is notable for its thorough integration of assessment throughout learning objectives assessments after each section expanded end of chapter quizzes all aligned with national standards

Social Problems in Modern Urban Society Samuel Kirson

Weinberg,1970 **The Bulletin** ,1996 *Conference Papers Index* ,1988 Monthly Papers presented at recent meeting held all over the world by scientific technical engineering and medical groups Sources are meeting programs and abstract publications as well as questionnaires Arranged under 17 subject sections 7 of direct interest to the life scientist Full programs of meetings listed under sections Entry gives citation number paper title name mailing address and any ordering number assigned Quarterly and annual indexes to subjects authors and programs not available in monthly issues

Depression Jonathan Rottenberg,2021 This chapter grapples with the challenges of defining depression including challenges that arise from our imprecise use of language Depression is at its core a kind of mood state Mood states organize our minds and our bodies and motivate us to pursue goals It is possible to understand depression by focusing on the scientific principles that explain why humans and other organisms have mood A key goal is to become a more educated consumer of one's own mood and to understand the forces that operate on mood more generally This framework can allow us to understand why people become depressed why depression has occurred over human history and why depression might be epidemic in some periods in human history including the present day

Depression - Self-Criticism and Evolution Tony J Carey,2010-02 This book is of potential interest to health professionals psychotherapists students of psychology and

counselling and anyone interested in a deeper scientific understanding of depression It contains An overview of the science of depression and details of research linking antenatal self criticism with postnatal depression An original perspective on the possible evolutionary origins of depression and the consequent implications for its understanding treatment and prevention This perspective in contrast to the medical disease model leads to a model in which depression is seen as not normally a biochemical illness or disorder but as usually due to becoming trapped within a psychologically activated but unwanted and inappropriate suite of natural emotions

How Sadness Survived Paul Keedwell,2008 Drawing on evolutionary psychology to argue that depression has a useful function this book offers insight into the true nature of depression its causes consequences and possible benefits It is fully referenced with definitions for technical terms and tables illustrations and diagrams to aid comprehension

Good Reasons for Bad Feelings Randolph M. Nesse, MD,2019-02-12 A founder of the field of evolutionary medicine uses his decades of experience as a psychiatrist to provide a much needed new framework for making sense of mental illness Why do I feel bad There is real power in understanding our bad feelings With his classic Why We Get Sick Dr Randolph Nesse helped to establish the field of evolutionary medicine Now he returns with a book that transforms our understanding of mental disorders by exploring a fundamentally new question Instead of asking why certain people suffer from mental illness Nesse asks why natural selection has left us all with fragile minds Drawing on revealing stories from his own clinical practice and insights from evolutionary biology Nesse shows how negative emotions are useful in certain situations yet can become overwhelming Anxiety protects us from harm in the face of danger but false alarms are inevitable Low moods prevent us from wasting effort in pursuit of unreachable goals but they often escalate into pathological depression Other mental disorders such as addiction and anorexia result from the mismatch between modern environment and our ancient human past And there are good evolutionary reasons for sexual disorders and for why genes for schizophrenia persist Taken together these and many more insights help to explain the pervasiveness of human suffering and show us new paths for relieving it by understanding individuals as individuals

Depression Paul Gilbert,1992

Depression Dr P Gilbert,2014-01-09 First published in 1992 Routledge is an imprint of Taylor Francis an informa company

Subordination and Defeat Leon Sloman,Paul Gilbert,2000-03-01 Most people now accept that human beings are the product of millions of years of mammalian evolution and more recently primate evolution This landmark book explores the implications of our evolutionary history for theories and therapies of depression In particular the focus is on how social conflict has shaped various behavioral and psychophysiological systems Special attention is given to the evolved mechanisms for dealing with social defeat and subordination in both animals and humans By linking human depression to the activation of ancient psychobiological programs for dealing with social conflict one is able to understand the function of depression within groups family systems and between individuals and begin to distinguish depressions that may have adaptive functions from those that are the result of maladaptive feedback systems Although many acknowledge the need for

an integrated biopsychosocial theory of psychopathology there continue to be great divisions among social psychological and biological approaches Sloman and Gilbert have brought together leading scientists and clinicians representing different disciplines and schools to present a provocative new evolutionary model of depression This model illuminates old problems in new ways links a common disabling condition to evolved mental mechanisms and points to potential new approaches to prevention and intervention The book will be of compelling interest to all those who study or treat mood disorders

Why Does Depression Exist Omega Life Omega Life and Psychology Series,2018-09-12 Depression is highly prevalent but its evolutionary origin is poorly understood Evolutionary psychology generates hypotheses on the computational and functional design architectures of the human mind Evolutionary medicine and evolutionary psychopathology study the design characteristics of adaptations that make humans vulnerable to diseases These perspectives are necessary when attempting to answer why complex traits exist in living organisms Some theoreticians postulate that depression is an adaptation that solves particular problems such as reducing the risk of being socially excluded elicit help from others or to analyze complex problems Others view depression as an evolutionary side effect of pathogen host defense and others still view depression as dysfunctions of adaptive mood mechanisms The purpose of this paper is to discuss predictions from all evolutionary theories and make new testable predictions from them I will also discuss predictions from evolutionary theories on why women are more likely to be depressed than men 2 1 I argue that research on normal sadness or low mood states are likely to illuminate our understanding of when depressed mood is working as designed and when it is malfunctioning Table of

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crumbling new Western clinical models and treatments for mental health spread across the world In so doing depression began to displace older ideas like melancholia the Japanese utsush or the Punjabi sinking heart syndrome Award winning historian Jonathan Sadowsky tells this global story chronicling the path breaking work of psychiatrists and pharmacists and the intimate sufferings of patients Revealing the continuity of human distress across time and place he shows us how different cultures have experienced intense mental anguish and how they have tried to alleviate it He reaches an unflinching conclusion the devastating effects of depression are real A number of treatments do reduce suffering but a permanent cure remains elusive Throughout the history of depression there have been overzealous promoters of particular approaches but history shows us that there is no single way to get better that works for everyone Like successful psychotherapy history can liberate us from the negative patterns of the past

Depression P. Gilbert,Dr Gilbert,2016-12-07 First published in 1992

Routledge is an imprint of Taylor Francis an informa company Uncharted Depths Azhar ul Haque Sario,2025-06-05 Dive deep into the heart of the human experience with Uncharted Depths A Journey through Depression This comprehensive guide takes you on an in depth exploration of depression from its clinical definitions to its historical perspectives You ll discover the different types of depressive disorders and their global impact The book delves into the neurobiology of depression examining brain chemistry neuroanatomy and the endocrine system It also explores genetic and epigenetic factors that play a role in mood disorders Uncharted Depths isn t just about the science It brings together psychological theories and models offering insights into cognitive behavioral models psychoanalytic perspectives and the importance of attachment theory You ll learn about the concept of post traumatic growth and how overcoming depression can lead to personal transformation The book also highlights the socio economic and cultural contributors to depression giving a holistic view of this complex condition What sets Uncharted Depths apart is its balanced approach It provides a thorough scientific understanding while also addressing personal growth and resilience Unlike other books it integrates real life stories and case studies to illustrate the profound impact of depression It offers a unique perspective on how periods of depression can be catalysts for personal development and emotional intelligence This book doesn t just describe depression it provides a roadmap for navigating through it and emerging stronger on the other side Social Origins of Depression George William Brown,Tirril O. Harris,1978

The Enigmatic Realm of **The Depths The Evolutionary Origins Of The Depression Epidemic**: Unleashing the Language is Inner Magic

In a fast-paced digital era where connections and knowledge intertwine, the enigmatic realm of language reveals its inherent magic. Its capacity to stir emotions, ignite contemplation, and catalyze profound transformations is nothing lacking extraordinary. Within the captivating pages of **The Depths The Evolutionary Origins Of The Depression Epidemic** a literary masterpiece penned with a renowned author, readers attempt a transformative journey, unlocking the secrets and untapped potential embedded within each word. In this evaluation, we shall explore the book's core themes, assess its distinct writing style, and delve into its lasting affect the hearts and minds of those that partake in its reading experience.

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