

Preface

Is there a need for yet another book about depression? This is the question we asked ourselves in the planning stages of this book. Given that you are now reading this preface, we obviously thought there was—but why? Developments in the field are currently evolutionary rather than revolutionary but new treatments do become available, old and new treatments are reevaluated, and patient choice and the structure of treatment delivery are increasingly emphasized. This means that there is a need for updated accessible summaries for those who need to keep abreast of current thinking and apply their knowledge in practice. As our backgrounds are from both sides of the Atlantic, we have tried to keep both perspectives in mind. We have had to be necessarily brief and emphasize areas that we believe are important. Inevitably we have had to skate over complexities, but we have tried not to oversimplify and to provide key references for further reading. Although primarily aimed at nonspecialists and students, we hope that for more experienced practitioners this book also provides a useful overview of the subject.



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