



# Psychology of bipolar depression: revisiting past and present researches, prospects ahead, and moving toward future directions

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## Abstract

Bipolar disorder (BD) is a debilitating psychiatric disorder characterized by recurrent depression, mania, and hypomania episodes. The interaction of psychological, neuropsychological, and neurobiological factors (cognitive, behavioral, and emotional) is implicated in the development and persistence of BD. Accordingly, almost all investigators confirm that BD is the outcome of psychological and genetic interactions. Therefore, researchers should consider various factors in the psychopathology and psychotherapy of BD. This selective review first reviews research on these factors, then points to a variety of therapeutic methods for BD [interpersonal and social rhythm therapy (IPSRT), cognitive behavioral therapy (CBT), dialectical behavior therapy (DBT), mindfulness-based cognitive therapy (MBCT), and family-focused therapy (FFT)], and finally suggested a new comprehensive integrated model for the assessment and therapy of BD.

## Keywords

Bipolar disorder, psychological factors, comprehensive integrated model

## Introduction

Nowadays, almost all researchers agree that bipolar disorder (BD) is the result of many genetic and psychological interactions [1]. French psychiatrist Jean-Pierre Falret published an article in 1854 describing what he called “la folie circulaire”, which translated to circular insanity [2]. The article details individuals switching through severe depression and mania and is considered to be the first documented diagnosis of BD [2, 3].

The definitions and distinctions of BD in the field of mental health are a continuing issue and have been frequently revised by the Diagnostic and Statistical Manual of Mental Disorders (DSM) and the International Classification of Diseases (ICD) [4, 5]. The conceptualization of the BD has changed since the first description of mania-depressive illness. Although depression and mania episodes are defined by symptoms that have changed over the years, hypomania episodes have been described with fewer changes and their location is less clear than other episodes. Mania and hypomania episodes are considered dimensional as



# Behavior Therapy For Depression Present Status And Future Directions

**Cyril M. Franks**



## **Behavior Therapy For Depression Present Status And Future Directions:**

*Behavior Therapy for Depression* Lynn P. Rehm, 1981 Papers from a conference held in April 1979 at Western Psychiatric Institute and Clinics at the University of Pittsburgh under the auspices of the Dept of Psychiatry **Behavior Therapy for Depression** Stanley M. Grabowski, 1981 **Future Perspectives in Behavior Therapy** Larry Michelson, Michel Hersen, Samuel M. Turner, 2013-11-11 Contemporary behavior therapy encompasses diverse conceptual positions clinical and applied problems and intervention techniques Behavior therapy has spread to several disciplines to provide substantive concepts and procedures as well as methodological tenets regarding how intervention techniques are to be evaluated The proliferation of behavior therapy research has produced a plethora of texts Typically texts review the history of particular treatments and detail contemporary advances The historical underpinnings are often emphasized with the heavily labored view that in order to understand where one is going it is important to understand where one has been To be sure historical roots of behavior therapy are important to document However a given history might have many different outcomes Similarly the current status of particular areas is frequently reviewed Sometimes the number of reviews seems to approach or exceed the number of sound studies that there are to be reviewed A review of current work is obviously essential but leaves open major questions of where the work will all lead A valuable addition to existing reviews would be information that points in a prescriptive or explicit way to areas that are likely to be important in future work The present book is unique in its approach and focus Brief reviews of contemporary advances are provided in diverse areas of behavior therapy and serve as a point of departure to chart emerging trends and future directions **New Developments in Behavior Therapy** Cyril M. Franks, 1984 Leading experts in the field of behavior therapy review developments in the field and highlight implications for clinical practice Following a comprehensive overview of behavior therapy by Editor Cyril Franks each chapter provides an in depth review of the pertinent literature and a translation of the findings into ramifications for clinical practice and concludes with an overview of the major indicators and contra indicators for direct application The practicing clinician will find practical relevant chapters on obesity smoking alcohol abuse anxiety depression insomnia and sexual dysfunction

**Physiology and Behavior Therapy** James G. Hollandsworth Jr., 2012-12-06 Despite the widespread use of psychophysiological concepts and methods in behavior therapy there is no text devoted specifically to the subject The publication of this book is necessary and timely and should promote a better appreciation of the physiological roots of behavior therapy The important connections between physiology and behavior therapy receive insufficient recognition nowadays despite the fact that historically one of the two main streams of behavior therapy grew out of a physiological basis Wolpe's early work was closely connected to physiology and in contemporary behavior therapy Lang's critical contribution is firmly based in psychophysiology The physiological component is prominent in Lang's highly productive three systems analysis of emotion and in its application to psychological disorders In addition there are philosophical reasons for

maintaining the close connection between behavior therapy and physiology The existence of these connections and their justification can raise few objections and it is therefore curious that a book on this significant subject has not appeared earlier The importance of physiology for behavior therapy can be illustrated by considering the nature of a behavior therapy deprived of its physiological connections It would survive certainly but as a rather scrawny uninteresting orphan among many clamorous competitors

**International Handbook of Behavior Modification and Therapy** Alan S. Bellack, Michel Hersen, Alan E. Kazdin, 2012-12-06

**Cognitive Therapy with Couples and Groups** Arthur Freeman, 2013-11-22 It is with great pride and satisfaction that I welcome the publication of *Cognitive Therapy with Couples and Groups* For several years Arthur Freeman Director of Clinical Services at the Center for Cognitive Therapy has been a leader in attempting to extend a cognitive approach to new problems and new populations and to expand the approaches for treating the depressed outpatients for whom this approach was first developed Dr Freeman brought to the Center the full range and depth of a diverse clinical background which had and continues to broaden and enrich his work both as a therapist and as a teacher I believe he has applied these dimensions of his experience fully in developing and editing this volume The chapters in this book clearly reflect those clinical problems that have attracted the keenest interest on the part of practicing cognitive therapist which are encountered so frequently in the course of treating depression The utilization of cognitive therapy with couples families groups and in training is a clear example of this process an intriguing topic in its own right Conversely coping with special clinical phenomena such as loneliness is a familiar problem to therapists of depressed patients Laura Primakoff demonstrates her creativity and experience in her treatment of this subject Similarly the chapters on alcoholism and agoraphobia are timely elaborations of the original cognitive model for the individual treatment of depression

**Behavioral Assignments and Treatment Compliance** John L. Shelton, Rona L. Levy, 1981 1 The use of behavioral assignments in clinical practice 2 A model of practice for using behavioral assignments 3 Enhancing compliance with behavioral assignments 4 Anxiety 5 Depression 6 Marital problems 7 Addictive behaviors 8 Obesity 9 Chronic operant pain 10 Sexual dysfunction 11 Shyness 12 Nonassertion 13 Parenting skills

*Cognitive Behavior Therapy* William T. O'Donohue, Jane E. Fisher, Steven C. Hayes, 2004-03-31 This practical book provides empirically supported techniques that are effective for a wide range of problems including enuresis panic disorder depression and skills acquisition for the developmentally delayed Presents 60 chapters on individual therapies for a wide range of problems such as smoking cessation stress management and classroom management Chapters are authored by experts in their particular treatment approach Provides tables that clearly explain the steps of implementing the therapy

*Best Practices in Complementary and Alternative Medicine* Lynda W. Freeman, 2001 *Best Practices in Complementary and Alternative Medicine* is based on extensive interviews with physicians physician assistants nurses and nurse practitioners psychiatrists and psychologists physical therapists and occupational therapists To ensure quality control you will find self test materials for Nursing CE and

CME compliance as well as plain English handouts that will facilitate communication between provider and patient between providers in different areas of practice and between administrators and providers This is a true practice manual It guides you precisely to the information you need based on a patient s condition and your area of practice The efficacy of each complementary medicine and treatment model is extensively documented with 2 300 references to clinical trials plus hundreds of additional citations to notable journal articles books and websites Handbook of Counseling Psychology Steven D. Brown,Robert W. Lent,1984-09-27 A thorough up to date compilation reviewing major areas of counseling psychology The only compendium in the field it assembles chapters from leading specialists summarizes the current state of the art and offers a look at the future This extremely practical tool synthesizes available research needs identifies possible applications of the research literature and encourages cross disciplinary communication among those in the field

Handbook of Behavior Therapy with Children and Adults Robert T. Ammerman,Michel Hersen,1993 Perspectives on Behavior Therapy in the Eighties Michael Rosenbaum,1983 Self-management and Behavior Change Paul Karoly,Frederick H. Kanfer,1982 **Psychoanalytic Therapy and Behavior Therapy** Hal Arkowitz,Stanley B. Messer,1984-08 This book has a question mark in its title because it aims to invite inquiry The possibility of integrating psychoanalytic and behavior therapies has been controversial since it was first proposed about 50 years ago and this has elicited a wide range of reactions from both psychologists and psy chiatrists It was with the hope of fostering constructive interchange that this book was conceived We wanted to spark further thinking about the question in the title in a way that could lead either to conceptual and clinical progress toward an integrated approach or to a clearer sense of the obstacles involved In either case we hoped that it would present a healthy challenge to current forms of psychoanalytic and behavior therapies The present volume was stimulated by the appearance in 1977 of Paul Wachtel s book *Psychoanalysis and Behavior Therapy Toward an Integration* Although many reviewers did not necessarily agree with Wachtel s proposals for integration they and we were highly laudatory of his attempt After reading the book Hal Arkowitz organized a symposium on integration that took place in Chicago at the November 1978 meeting of the Association for the Advancement of Behavior Therapy The symposium included Cyril Franks Merton Gill Hans Strupp Paul Wachtel and Michael Merbaum as moderator Arkowitz subsequently proposed to edit a book on integra tion and invited Messer to be coeditor **Theoretical Issues in Behavior Therapy** Steven Reiss,Richard R. Bootzin,1985 International Journal of Mental Health ,1984 **Social Cognition** ,1982 *Assessment and Treatment of Addictive Disorders* Timothy B. Baker,Dale S. Cannon,1988-10-06 This volume analyzes selected state of the art addiction research presently being conducted by leaders in the field It critically evaluates the assessment and treatment strategies that are used in addiction research The contributors to Part I address the assessment of addictive disorders covering issues such as self monitoring social family interaction patterns self efficacy and relapse determinants and drinking patterns over time In Part II the treatment section they examine aversion therapy for both cigarette smokers and alcoholics coping response

counseling the effectiveness of relapse prevention and a job training program for heroin addicts  
**Mental Retardation** ,1989 Includes the association s conference proceedings and addresses

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