

Title:

Combining Talk Therapy and Antidepressant Medication

Word Count:

549

Summary:

Most experts believe that antidepressant medication is not the only effective way to cure depression.

Keywords:

depression, counseling

Article Body:

Just as when people think that the only effective treatment for depression is to take drugs, many experts have long believed that antidepressant medication is the only effective way to cure depression. In one of the most comprehensive and long-running studies to date about depression treatment among adolescents, however, significant signs of improvement were seen from patients taking medication 6 weeks earlier than those receiving just cognitive behavior therapy. The argument regarding the risks of antidepressants to children and adolescents have been going on for decades. This study showed that antidepressants lowered the risk of suicidal thoughts and actions over a 6-month period. Experts agreed that talk therapy was a safer alternative. Almost 15 percent of the patients taking antidepressants had suicidal thoughts or actions. The rate of such events for those receiving just cognitive behavior therapy was 6 percent. The study was led by Dr. John March, Chief of Child and Adolescent Psychiatry at the Duke University Medical Center. Getting patients out of bed and doing something that they enjoy, like playing basketball or going for a walk, can be helpful. It may not be easy to find specialists for this therapy outside large cities. However, the technology is available.

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