

Family Burden and Family Interventions in Depression

Reference List

Anderson, C. Griffin, S. Rossi, A. Pagonis, I. Holder, D.P. & Treiber, R. (1986). A Comparative Study of the Impact of Education vs. Process Groups for Families of Patients with Affective Disorders. Family Process, 25(2), 185-205.

Badger, T.A. (1996). Living With Depression: Family Members' Experiences and Treatment needs. Journal of Psychosocial Nursing, 34(1), 21-29.

Barbato, A., Vallarino, M., Rapisarda, F., Lora, A., Parabiaghi, A., D'Avanzo, B. & Lesage, A. (2016). Do people with bipolar disorders have access to psychosocial treatments? A survey in Italy. International Journal of Social Psychiatry, 62(4), 334-344.

Barnes, E., Simpson, S., Griffiths, E., Hood, K., Craddock, N. & Smith, D.J. (2011) Developing an online Psychoeducation Package for Bipolar Disorder. Journal of Mental Health, 20(1), 21-31.

Beach, S.R.H. Sandeen, E.E. & O'Leary, K.D. (1990). Depression in Marriage. New York: Guilford Press.

Beach, S.R.H. Whisman, M.A. & O'Leary, K.D. (1994). Marital Therapy for Depression: Theoretical Foundation, Current Status and Future Directions. Behavior Therapy, 25(3) , 345-371.

Beach, S.R.H. & O'Leary, K.D. (1986). The Treatment of Depression Occurring in the Context of Marital Discord. Behavior Therapy, 17(1), 43-49.

Beardslee, W.R. Hoke, L. Wheelock, I. Rothberg, P.C. Velde, P. & Swatling, S. (1992). Initial Findings on Preventative Intervention for Families with Parental Affective Disorders. American Journal of Psychiatry, 149 , 1335-130.

Belsher, G. & Costello, C.G. (1988). Relapse After Recovery in Unipolar Depression: A Critical Review. Psychological Bulletin, 104(1), 84-96.

Berkowitz, R. (1988). Family Therapy and Adult Illness: Schizophrenia and Depression. Journal of Family Therapy, 10(4), 339-356.

Beynon, S. Soares-Weiser, K. Woolacott, N. Duffy, S. & Geddes, J.R. (2008) Psychosocial Interventions For the Prevention of Relapse in Bipolar Disorder: Systematic Review of Controlled Trials. British Journal of Psychiatry, 192(1), 5-11.

Billings, T., Berg-Cross, L., Diamond, G.S., Diamond, G.M. & Levy, S.A. (2014). Family-based treatment of adolescent depression. PsycCRITIQUES, 59(32).

Britvić, D., Lapenda, B., Anticević, V., Kekez, V. (2009) Psychosocial Intervention as the Additional Therapy for Bipolar Affective Disorder A Case Report. *Psychiatria Danubina*, 21(1), 75-81

Castle, D. J., Berk, L., Lauder, S., Berk, M. and Murray, G. (2009), Psychosocial interventions for bipolar disorder. *Acta Neuropsychiatrica*, 21: 275–284

Chakrabarti, S. Kulhara, P. & Verma, S.K. (1992). Extent and Determinants of Burden Among Families of Patients With Affective Disorders. *Acta Psychiatrica Scandinavica*, 86(3), 247-252.

Clarkin, J.F. Glick, I.D. Haas, G.L. Spencer, J.H. Lewis, A.B. Peyser, J. DeMane, N. Good-Ellis, M. Harris, E. & Lestelle, V. (1990). A Randomised Clinical Trial of Inpatient Family Intervention. V. Results for Affective Disorders. *Journal of Affective Disorders*, 18(1), 17 - 28.

Clarkin, J.F. Haas, G.L. & Glick, I.D. (1988). *Affective Disorders and the Family: Assessment and Treatment*. New York: Guilford Press.

Compas, B.E., Forehand, R., Thigpen, J.C., Keller, G., Hardcastle, E.J., Cole, D.A., Potts, J., Watson, K.H., Rakow, A., Colletti, C., Reeslund, K., Fear, J., Garai, E., McKee, L., Merchant, M.J. & Roberts, L. (2011) Family group cognitive-behavioral preventive intervention for families of depressed parents: 18- and 24-month outcomes, *Journal of Consulting and Clinical Psychology*, 79 (4), 488 – 499.

Compas, B.E., Keller, G. & Forehand, R. (2011) Preventive intervention in families of depressed parents: A family cognitive-behavioral intervention, *Depression in adolescent girls: Science and prevention*, 318-339.

Coyne, J.C. Kessler, R.C. Tal, M. Turnbull, J. Wortman, C.B. & Greden, J.F. (1987b). Living With a Depressed Person. *Journal of Consulting and Clinical Psychology*, 55(3), 347-352.

Del Vecchio, V., Luciano, M., Malangone, C., Giacco, D., De Rosa, C., Sampogna, G., Del Guadio, L., Vinci, V., Di Iorio, E., Felziani, N., Pescosolido, R., Ciampini, G., Lampis, D., De Falco, L., Biondi, S., Riva, A., Orlandi, E., Baronessa, C., Piselli, M., Fiorillo, A. & Maj, M (2011) Implementing family psychoeducational intervention for bipolar I disorder in 10 Italian mental health centres, *Italian Journal of Psychopathology*, 17 (3), 277-282.

Denton, W.H., Nakonezny, P.A. & Burwell, S.R. (2010) The effects of meeting a family therapy supervision team on client satisfaction in an initial session. *Journal of Family Therapy*. (article online in advance of print)

Depp CA, Moore DJ, Patterson TL, Lebowitz BD, Jeste DV. (2008) Psychosocial Interventions and Medication Adherence in Bipolar Disorder. *Dialogues in Clinical Neurosciences*, 10(2), 239-50.

Fadden, G. (1989). Pity the Spouse! Depression Within Marriage. Stress Medicine, 5(2), 99-107.

Fadden, G. Bebbington, P. & Kuipers, L. (1987b). Caring and Its Burdens: A Study of the Spouses of Depressed Patients. British Journal of Psychiatry, 151, 660-667.

Fountoulakis, K.N., Gonda, X., Siamouli, M., & Rihmer, Z. (2009) Psychotherapeutic Intervention and Suicide Risk Reduction in Bipolar Disorder: A Review of the Evidence. Journal of Affective Disorders, 113(1-2), 21-9.

Fristad, M.A. Gavazzi, S.M. & Mackinaw-Koons, B. (2003) Family Psychoeducation: An Adjunctive Intervention for Children with Bipolar Disorder. Biological Psychiatry, 1;53(11), 1000-8.

Furnham, A. & Kuyken, W. (1991). Lay Theories of Depression. Journal of Social Behaviour and Personality, 6(2), 329-342.

Gent, E.M. van & Zwart, F.M. (1991). Psychoeducation of Partners of Bipolar-Manic Patients. Journal of Affective Disorders, 21(1), 15-18.

Ghadirian, F., Nasiri, M. & Karami, K. (2009) Family Psychoeducation: An Adjunctive Intervention for Mood Disorder Patients. Iranian Journal of Nursing and Midwifery Research, 14(1), 35-40.

Glick, I.D. Burti, L. Suzuki, K. & Sacks, M. (1991a). Effectiveness in Psychiatric Care: I. A Cross-National Study of the Process of Treatment and Outcomes of Major Depressive Disorder. Journal of Nervous and Mental Disease, 179 , 55-63.

Glick, I.D. Burti, L. Minakawa, K. Maehara, K. & Sacks, M. (1991b). Effectiveness in Psychiatric Care: II. Outcome For the Family After Hospital Treatment for Major Affective Disorder. Annals of Clinical Psychiatry, 3, 187-198.

Glick, I.D., Burti, L. & Sacks, M. (1994). III. Psychoeducation and Outcome for Patients with Major Affective Disorder and Their Families. British Journal of Psychiatry, 164, 104-106.

Glick, I.D. Clarkin, J.F. Spencer, J.H. Haas, G.L. Lewis, A.B. Peyser, J. DeMane, N. Good-Ellis, M. Harris, E. & Lestelle, V. (1985). A Controlled Evaluation of Inpatient Family Intervention, I. Preliminary Results of the Six-Month Follow-Up. Archives of General Psychiatry, 42, 882-886.

Haas, G.L. Glick, I.D. Clarkin, J.F. Spencer, J.H. Lewis, A.B. Peyser, J. DeMane, N. Good-Ellis, M. Harris, E. & Lestelle, V. (1988). Inpatient Family Intervention. II Results At Hospital Discharge. Archives of General Psychiatry, 45(3), 217 - 224.

Hayhurst, H. Cooper, Z. Paykel, E.S. Vearnals, S. & Ramana, R. (1997). Expressed Emotion and Depression: A Longitudinal Study. British Journal of Psychiatry, 171, 439-443.

Henken, H.T, Huibers, M.J., Churchill, R., Restifo, K. & Roelofs, J. (2007) Family Therapy for Depression. Cochrane Database Systematic Review. 18(3) CD006728

Hooley, J.M. (1990). Expressed Emotion and Depression. In G.I. Keitner, Depression and Families: Impact and Treatment, (pp. 57-83). Washington: American Psychiatric Press, Inc.

Hooley, J.M. & Hahlweg, K. (1986). The Marriages and Interaction Patterns of Depressed Patients and Their Spouses: Comparison of High and Low EE Dyads. In M.J. Goldstein, I. Hand & K. Hahlweg (Eds.), Treatment of Schizophrenia; Family Assessment and Intervention (pp.85-95). Berlin: Springer Verlag.

Hooley, J.M. Orley, J. & Teasdale, J.D. (1986). Levels of Expressed Emotion and Relapse in Depressed Patients. British Journal of Psychiatry, 148, 642-647.

Hooley, J. & Teasdale, J.D. (1989). Predictors of Relapse in Unipolar Depressives: Expressed Emotion, Marital Distress and Perceived Criticism. Journal of Abnormal Psychology, 98(3), 229-235.

Jacob, M. Frank, E. Kupfer, D.J. & Carpenter, L.L. (1987a). Recurrent Depression: An Assessment of Family Burden and Family Attitudes. Journal of Clinical Psychiatry, 48(10), 395-400.

Jacob, M. Frank, E. Kupfer, D.J. Cornes, C. & Carpenter, L.L. (1987b). A Psychoeducational Workshop for Depressed Patients, Family and Friends: Description and Evaluation. Hospital and Community Psychiatry, 38, 968-972.

Jacobson, N.S. Dobson, K. Fruzzetti, A. Schmaling, K.B. & Salusky, S. (1991). Marital Therapy as a Treatment for Depression. Journal of Consulting and Clinical Psychology, 59, 547-557.

Justo, L.P. Soares, B.G. & Calil, H.M.(2007) Family Interventions for Bipolar Disorder. Cochrane Database Systematic Reviews. 17;(4):CD005167.

Katsuki, F., Takeuchi, H., Konishi, M., Sasaki, M., Murase, Y., Naito, A., Toyoda, H., Suzuki, M., Shiraishi, N., Kubota, Y., Yoshimatsu, Y. & Furukawa, T. (2011) Pre-Post Changes in Psychosocial Functioning among Relatives of Patients with Depressive Disorders after Brief Multifamily Psychoeducation: a Pilot Study. BMC Psychiatry, 11, 56.

Keitner, G.I. (Ed.), (1990). Depression and Families: Impact and Treatment. Washington: American Psychiatric Press, Inc.

Keitner, G.I. Archambault, R. Ryan, C.E. & Miller, I.W. (2003) Family Therapy and Chronic Depression. Journal of Clinical Psychology, 59(8), 873-84.

Kiloh, L.G. Andrews, G. & Neilson, M. (1988). The Long-Term Outcome of Depressive Illness. British Journal of Psychiatry, 153, 752-757.

Kuipers, L. (1987). Depression and the Family. In J. Orford (Ed.) Coping with Disorder in the Family. London: Croom Helm.

Larner, G. (2009) Integrating family therapy in adolescents depression: and ethical stance. Journal of Family Therapy, 31 (3), 213-232.

Lee, A.S. & Murray, R.M. (1988). The Long-Term Outcome of Maudsley Depressives. British Journal of Psychiatry, 153, 741-751.

Lee, A.M., Simeon, D., Cohen, L, Samuel, J., Steele, A. & Galynker, I. (2011) Predictors of Patient and Caregiver Distress in an Adult Sample with Bipolar Disorder Seeking Family Treatment. Journal of Nervous & Mental Disease, 199(1), 18-24.

Luciano, M., Del Vecchio, V., Malangone, C., Giacco, D., De Rosa, C., Fiorillo, A. & Maj, M. (2011) P01-227-Implementing Family Psychoeducational Intervention in Bipolar I Disorder: A Randomized Controlled Trial European Psychiatry, 26, 228

Luciano, M., Del Vecchio, V., Giacco, D., De Rosa, C., Malangone, C., & Fiorillo, A. (2012) A 'family affair'? The impact of family psychoeducational interventions on depression, Expert Review of Neurotherapeutics, 12 (1), 83-92.

Macneil, C.A., Hasty, M.K., Berk, M. Henry, L., Evans, M., Redlich, C., Daglas, R., McGorry, P.D. & Conus, P. (2011) Psychological needs of adolescents in the early phase of bipolar disorder: implications for early intervention. Early Intervention in Psychiatry, 5(2), 100-107.

Marshall, A.J. & Harper-Jaques, S. (2008) Depression and Family Relationships: Ideas For Healing. Journal of Family Nursing, 14(1), 56-73.

Maynard, C. (1993). Psychoeducational Approach to Depression in Women. Journal of Psychosocial Nursing, 31(12), 9-14.

McFarlane, W.R. Dixon, L. Lukens, E. & Lucksted, A. (2003) Family Psychoeducation and Schizophrenia: A Review of the Literature. Journal of Marital and Family Therapy, 29(2), 223-45.

Miklowitz, D. J. (2010) Family Therapy Approaches to Bipolar Disorder, in Bipolar Disorder (eds L. N. Yatham and M. Maj), John Wiley & Sons, Ltd, Chichester, UK.

Miklowitz, D.J., Axelson, D.A., Birmaher, B., George, E.L., Taylor, D.O., Schneck, C.D., Beresford, C.A., Dickinson, L.M., Craighead, W.E., & Brent, D.A. (2008). Family-Focused Treatment for Adolescents with Bipolar Disorder: Results of a 2-year Randomized Trial. Archives of General Psychiatry, 65 (9), 1053-1061

Miklowitz, D.J. & Chang, K.D., Taylor, D.O., George, E.L., Singh, M.K., Schneck, C.D., Dickinson, L.M., Howe, M.E., Garber, J. (2011) Early Psychosocial Intervention for Youth at Risk for Bipolar I or II Disorder: A One-Year Treatment Development Trial. Bipolar Disorders, 13(1), 67-75.

Miklowitz, D.J. & Goldstein, M.J. (1990). Behavioral Family Treatment for Patients With Bipolar Affective Disorder. Behavior Modification, 14(4): 457-489

Miklowitz, D.J. & Goldstein, M.J. (1997). Bipolar Disorder: A Family-Focused Treatment Approach. New York, London: Guilford Press.

Miklowitz, D.J. Goldstein, M.J. Nuechterlein, K.H. Snyder, K.S. & Mintz, J. (1988). Family Factors and the Cause of Bipolar Affective Disorder. Archives of General Psychiatry, 45 , 225-231.

Miklowitz, D. J. and Scott, J. (2009), Psychosocial treatments for bipolar disorder: cost-effectiveness, mediating mechanisms, and future directions. Bipolar Disorders, 11: 110–122.

Miklowitz, D.J. & Taylor, D.O. (2006) Family-Focused Treatment of the Suicidal Bipolar Patient. Bipolar Disorder, 8(5 Pt 2), 640-51.

Murray-Swank, A.B. & Dixon, L. (2004) Family Psychoeducation as an Evidence-Based Practice. CNS Spectrums, 9(12), 905-12.

Niv, N., Frousakis, N., Zucker, B.G., Glynn, S. & Dixon, L. (2016). A brief family intervention for depression in primary care. Journal of Family Therapy, 40(1), 100-119.

Ogilvie, A.D. Morant, N. & Goodwin, G.M. (2005) The Burden of Informal Caregivers of People with Bipolar Disorder. Bipolar Disorder, 7(1), 25-32.

Okasha, A. El Akabawai, A.S. Snyder, K.S. Wilson, A.K. Youssef, I. & Dawla, A.S. (1994). Expressed Emotion, Perceived Criticism and Relapse in Depression: A Replication in an Egyptian Community. American Journal of Psychiatry, 151, 1001-1005.

O'Leary, K.D. & Beach, S.R.H. (1990). Marital Therapy: a Viable Treatment for Depression and Marital Discord. American Journal of Psychiatry, 147, 183-186.

Perlick, D. Clarkin, J.F. Sirey, J. Raue, P. Greenfield, S. Struening, E. & Rosenheck, R. (1999) Burden Experienced By Care-Givers of Persons with Bipolar Affective Disorder. British Journal of Psychiatry , 175, 56-62.

Perlick, D.A., Miklowitz, D.J., Lopez, N., Chou, J., Calvin, C., Adhziashvili, V & Aronson, A. (2010) Family-focused treatment for caregivers of patients with bipolar disorder, Bipolar Disorders, 12, 627–637.

Reinares, M. Colom, F. Martínez-Arán, A. Benabarre, A. Vieta, E. (2002) Therapeutic Interventions Focused on the Family of Bipolar Patients. Psychotherapy and Psychosomatics, 71(1):2-10.

Reinares, M. Colom, F. Rosa, A.R., Bonnín, C.M., Franco, C., Solé, B., Kapczinski, F. & Vieta, E. (2010) The impact of staging bipolar disorder on treatment outcome of family psychoeducation. Journal of Affective Disorders, 123(1):81-86.

Reinares, M. Colom, F. Sanchez-Moreno, J., Torrent, C., Martinez-Aran, A., Comes, M., Goikolea, J.M., Benabarre, A., Salamero, M. & Vieta, E. (2008) Impact of caregiver group psychoeducation on the course and outcome of bipolar patients in remission: a randomized controlled trial. Bipolar Disorder, 10(4):511-519.

Rice, S., Halperin, S., Blaikie, S., Monson, K., Stefaniak, R., Phelan, M. & Davey, C. (2016). Integrating family work into the treatment of young people with severe and complex depression: A developmentally focused model. Early Intervention in Psychiatry, DOI: 10.1111/eip.12383.

Riley, A.W., Valdez, C.R., Barrueco, S., Mills, C., Beardslee, W., Sandler, I., Rawal, P. (2008) Development of a Family-Based Program to Reduce Risk and Promote Resilience Among Families Affected by Maternal Depression: Theoretical Basis and Program Description. Clinical Child and Family Psychology Review, 11(1-2), 12-29

Rouget, BW. Aubry, JM. (2007) Efficacy of Psychoeducational Approaches on Bipolar Disorders: a Review of the Literature. Journal of Affective Disorders, 98(1-2), 11-27.

Ruffolo, M.C., Nitzberg, L. & Schoof, K. (2011) One-Session Family Workshops for Bipolar Disorder and Depression. Psychiatric Services, 62(3), 323.

Shimazu, K., Shimodera, S., Mino, Y., Nishida, A., Kamimura, N., Sawada, K., Fujita, H., Furukawa, T.A. & Shimpei, I. (2011) Family psychoeducation for major depression: Randomised controlled trial, The British Journal of Psychiatry, 198 (5), 385-390.

Simoneau, T. Miklowitz, D.J. Richards, J.A. Saleem, R. & George, E. (1999). Bipolar Disorder and Family Communication: Effects of a Psychoeducational Treatment Programme. Journal of abnormal Psychology, 108(4), 588-597.

Smith, D., Jones, I. & Simpson, S. (2010) Psychoeducation for Bipolar Disorder. Advances in Psychiatric Treatment, 16, 147-154.

Solomon, D.A., Keitner, G.I., Ryan, C.E., Kelley, J., & Miller, I.W. (2008). Preventing Recurrence of Bipolar I Mood Episodes and Hospitalizations: Family Psychotherapy Plus Pharmacotherapy Versus Pharmacotherapy Alone. Bipolar Disorders, 10(7), 798-805

Targum, S.D. Dibble, E.D. Davenport, Y.B. & Gershon, E.S. (1981). The Family Attitudes Questionnaire: Patients' and Spouses' Views of Bipolar Illness. Archives of General Psychiatry, 38(5), 562-568.

Valdez, C.R., Mills, C.L., Barrueco, S., Ie, J. & Riley, A.W. (2011) A pilot study of a family-focused intervention for children and families affected by maternal depression, Journal of Family Therapy, 33 (1), 3-19.

Van Wijngaarden, B., Koeter, B., Knapp, M., Tansella, M., Thornicroft, G., Vazquez-Barquero, J.L., Schene, A. (2009) Caring for people with depression or with schizophrenia: Are the consequences different? Psychiatry Research, 169:1, 62-69.

Varma, V. (1997). Managing Manic Depressive Disorders. London: Jessica Kingsley Publishers.

Vaughn, C.E. & Leff, J.P. (1976). The Influence of Family and Social Factors on the Course of Psychiatric Illness: a Comparison of Schizophrenic and Depressed Patients. British Journal of Psychiatry, 129, 125-137.

Vieta, E. (2005) The Package of Care for Patients with Bipolar Depression. Journal of Clinical Psychiatry, 66(5), 43-9.

Young, A.H., Ferrier, N. & Michalek, E.E. (2010) Practical Management of Bipolar Disorder. Cambridge: Cambridge University Press

Zaretsky, A.E. Rizvi, S. Parikh, S.V. (2007) How Well Do Psychosocial Interventions Work in Bipolar Disorder? Canadian Journal of Psychiatry, 52(1), 14-21

Self-Help Books for Depression

- Barker, P, J (1993) A Self-Help Guide to Managing Depression; Stanley Thornes Ltd, Cheltenham
- Blackburn, I, M, (1997) Coping with Depression; Chambers, Edinburgh
- Burns, D.D. (1999) Feeling Good: The New Mood Therapy Revised and Updated New York: Wm. Morrow and Co.
- Hughes, I (1990) Beating the Blues: Practical Ways of Preventing Depression; Shadowfax, Cardiff

- Pitt, B (1993) Down with Gloom or How to Defeat Depression; Henry Ling Ltd, Dorchester
- Rowe, D (1983) Depression, The Way Out of Your Prison; Cox & Wyman Ltd, Reading
- Williams, C (2007) The Things You Do That Mess You Up (and How To Stop Doing Them) www.fiveareas.com
- Williams, C (2007) How to Fix Almost Anything (in 4 easy steps) www.fiveareas.com
- Williams, C (2007) I Can't Be Bothered Doing Anything www.fiveareas.com
- Williams, C (2007) Why Do I Feel So Bad? www.fiveareas.com
- Williams, C (2007) Why Does Everything Always Go Wrong? (and other bad thoughts you can beat) www.fiveareas.com
- Williams, C (2007) Living Life to the Full (DVD) www.livinglifetothefull.com

Websites

- **Mind** (UK) offers confidential help and resources on a range of mental health issues. www.mind.org.uk
- **Mental Health Care** aimed at providing support to someone experiencing mental illness. <http://www.mentalhealthcare.org.uk/>
- **Mental Health Foundation** a charity for everyone's mental health <http://www.mentalhealth.org.uk/welcome/>
- **Depression Alliance** (UK) provides information and support services to those who are affected by depression via publications, supporter services and network of self-help groups www.depressionalliance.org/
- **Depression Alliance** (Scotland) www.dascot.org
- **Look Ok...Feel Crap?** (Scotland) aimed at young adults who may not use traditional services such as the phone line or self-help support groups and to move towards an online service that encourages and supports people with depression. www.lookokfeelcrap.org
- **Black Dog Institute** (Australia) a not-for-profit, educational, research, clinical and community oriented facility offering specialist expertise in depression and Bipolar Disorder www.blackdoginstitute.org
- **MoodCafé** (Scotland) information and resources relevant to various common psychological problems <http://www.moodcafe.co.uk>