



Stress, the Brain and Depression

H. M. van Praag, E. R. de Kloet, J. van Os

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Can traumatic life events cause depression? Studies generally point to a connection between adverse life events and depression. However, establishing a causal rather than associative connection, the key concern of this book, is more problematic. What neurobiological changes may be induced by stress and depression, and to what extent do these changes correspond? The authors structure their examination around three major themes: the pathophysiological role of stress in depression; whether or not a subtype of depression exists that is particularly stress-inducible; and, finally, how best to diagnose and treat depression in relation to its biological underpinnings.

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