

**ADVANCED TOPICS IN MOOD DISORDERS: PSYC 437  
Winter 2018**

**Tuesday 10:00-11:30  
Thursday 8:30-10:00  
Humphrey 223**

**Instructor**

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**Course Description**

The purpose of this course is to provide students with an advanced understanding of the state of research and controversies in the area of depression by examining primary empirical and review articles from leading researchers in psychology and psychiatry. The course will focus on cognitive, social, and biological theories of etiology and treatment.

**Learning Outcomes**

To complete this course, students will demonstrate their ability to:

1. Understand the definitions of, and assessment methods for depression
2. Understand the up-to-date literature on etiological models of depression
3. Understand the up-to-date literature on evidence-based treatment modalities for depression

**Readings**

Readings for the course will consist of primary empirical articles and book chapters. The articles are available to . The url for each reading is provided in the reading list. Simply click on the url and you will be directed to a page which will allow you to download a pdf copy of the article as long as you are . You can then either print the article or save it to your hard drive or USB key for reading later.







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**Psychology 437: Course Outline**

<b>Date</b>	<b>Topic</b>
*Jan. 9	Introduction and Major Depression defined
*Jan. 11	Beyond diagnostic categories: The Research Domain Criteria (RDoC)
*Jan. 16	Depression etiology: Cognitive models
<b>*Jan. 18</b>	<b>Depression etiology: Interpersonal models</b>
<b>*Jan. 23</b>	<b>Depression etiology: Early life stress</b>
*Jan. 25	Depression etiology: Stress sensitization and stress generation
<b>*Jan. 30</b>	<b>Depression etiology: Stress and the hypothalamic-pituitary-adrenal (HPA) axis</b>
<b>*Feb. 1</b>	<b>Depression etiology: Social risk hypothesis and neuroimmunology</b>
<b>*Feb. 6</b>	<b>Depression etiology: Genetic and epigenetic models</b>
Feb. 8	Depression etiology: Rumination and neural networks
<b>*Feb. 13</b>	<b>Depression etiology: Reward responsivity</b>
*Feb. 15	Depression etiology: Social cognition and theory of mind
Feb. 19- 23	READING WEEK
*Feb. 27	Depression treatment: Cognitive-behavioural therapy
*Mar. 1	Depression treatment: Behavioural activation
<b>Mar. 6</b>	<b>Depression treatment: Mindfulness-based interventions: BRIEF PROPOSAL DUE</b>
*Mar. 8	Depression treatment: Pharmacotherapy
<b>Mar. 13</b>	<b>Depression treatment: Neurostimulation treatments for treatment-resistant depression</b>
<b>Mar. 15</b>	<b>Depression treatment: Non-traditional therapies</b>
Mar. 20	Depression prevention: Strategies and policy
<b>Mar. 22</b>	<b>Special Topics: Suicide</b>
<b>Mar. 27</b>	<b>Special Topics: Depression in very young children</b>
<b>Mar. 29</b>	<b>Special Topics: Maternal depression and inter-generational transmission</b>
<b>Apr. 3</b>	<b>Special Topics: Sex and gender differences</b>
Apr. 5	Special Topics: Cross-cultural approaches