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Editors
Marc Jobert, Berlin
Martijn Arns, Nijmegen
Using and Understanding Medical Statistics
5th, revised and extended edition

The fifth revised edition of this highly successful book presents the most extensive enhancement since Using and Understanding Medical Statistics was first published 30 years ago. Without question, the single greatest change has been the inclusion of source code, together with selected output, for the award-winning, open-source, statistical package known as R. This innovation has enabled the authors to de-emphasize formulae and calculations, and let software do all of the ‘heavy lifting.’

This edition also introduces readers to several graphical statistical tools, such as Q-Q plots to check normality, residual plots for multiple regression models, funnel plots to detect publication bias in a meta-analysis and Bland-Altman plots for assessing agreement in clinical measurements. New examples that better serve the expository goals have been added to a half-dozen chapters. In addition, there are new sections describing exact confidence bands for the Kaplan-Meier estimator, as well as negative binomial and zero-inflated Poisson regression models for over-dispersed count data.

The end result is not only an excellent introduction to medical statistics, but also an invaluable reference for every discerning reader of medical research literature.

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Farewell, V.T. (Cambridge)
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Practical methods for implementing light and wake therapy to fight depression

Anna Wirz-Justice, Francesco Benedetti, Michael Terman

Chronotherapeutics for Affective Disorders
A Clinician’s Manual for Light and Wake Therapy
2nd, revised edition

‘Light therapy’ is established worldwide as the treatment of choice for seasonal affective disorder. It is also successfully used in nonseasonal depression, as well as for many other psychiatric and neurologic illnesses, and in sleep medicine. ‘Wake therapy’ is the fastest antidepressant known. Imaging studies show that both methods share neurobiological substrates with antidepressants, but act much faster. ‘Chronotherapeutics’ – the combination of light and wake therapy – achieves rapid results and, by reducing residual symptoms, also minimises relapse. Written by three prominent clinical and research experts in biological rhythms, this manual aims to broaden knowledge and practical application of these non-pharmacologic interventions for bipolar and unipolar disorders. Clinical understanding is deepened by an explanation of the circadian timing system and sleep regulatory mechanisms which underlie the novel treatment strategy. The step-by-step guide and description of the interventions in centers throughout the world provides clear hands-on instructions, supported by a solid body of clinical research.

The first edition of ‘Chronotherapeutics for Affective Disorders’ has kindled a network of psychiatrists and psychologists who are actively introducing these treatments for their inpatients and outpatients. This manual is also essential reading for primary care physicians, sleep medicine specialists and health care administrators.

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Despite the availability of antidepressants for over 40 years, a substantial proportion of depressed patients do not respond adequately to treatment. Failure to respond effectively to treatment contributes to physical ill-health and psychiatric morbidity, often resulting in premature death of the depressed patient. The purpose of this volume is to consider the possible reasons for the limitations of the currently available antidepressants, to examine the advances in our understanding of the psychopathology of depression and how such knowledge may assist in the discovery of new methods of treatment. Leading international experts in this field discuss the possible underlying reasons for depression and limitations of current antidepressants. Opportunities for novel therapeutic approaches to dysfunctional circadian rhythms and mood disorders as well as current status and future perspectives for optimizing antidepressant management of depression are reviewed.

This publication illustrates the breadth of the latest research and is valuable reading for psychiatrists, neuroscientists and pharmacologists.

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Antidepressants: Past and Present

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The Future of Antidepressants
The Nature and Treatment of Therapy – Resistant Depression: Kennedy, S.H.; Rizv, S.J.; Giacobbe, P.
Optimizing Antidepressant Management of Depression: Current Status and Future Perspectives: Schwartz, T.L.; Stahl, S.M.
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