COMPOSITE TIMELINE, 1980-2010
Tracing the Shift in How We Understand and Treat Depression (Thumbnail) (Key: EVENTS, Books, Articles)

1980 – Feeling Good: The New Mood Therapy - David D. Burns, MD

1988 – RELEASE OF PROZAC

1989 – ACHPR FORMED, BEGINS RESEARCH

1990 – The Feeling Good Handbook - David D. Burns, MD

1991 – Toxic Psychiatry – Why Therapy, Empathy, and Love Must Replace the Drugs, Electroshock, and Biochemical Theories of the "New Psychiatry" - Peter R. Breggin, MD

1993 – ACHPR REPORT PUBLISHED

1993 – Listening to Prozac - Peter Kramer, MD

1996 – Breaking the Patterns of Depression - Micheal D. Yapko, PhD

1997 – DTCA APPROVED IN THE US (“Direct-to-Consumer Advertising.” Within 2 years, an average of 9 ads a day appear on TV. Later critics charge that this practice disrupts the doctor-patient relationship.)

1998 – Blaming the Brain: The TRUTH About Drugs and Mental Health – Elliot S. Vallenstein, PhD

1999 – Hand-Me-Down Blues: How to Stop Depression From Spreading in Families - Michael D. Yapko, PhD

1999 – Feeling Good: The New Mood Therapy, Revised and Updated - David D. Burns, MD
1999 – Your Drug May Be Your Problem, Revised Edition: How and Why to Stop Taking Psychiatric Medications – Peter Breggin, MD, and David Cohen

1999 – Effectiveness of Exercising Training on Older Adults with Major Depression (James Blumenthal and his colleagues at Duke University)

2000 – Prozac Backlash: Overcoming the Dangers of Prozac, Zoloft, Paxil, and Other Antidepressants with Safe, Effective Alternatives – Joseph Glenmullen, PhD

2000 – Depression-Free for Life: A Physician’s All-Natural, 5-Step Plan – Gabriel Cousins, MD

2000 – Exercise Treatment for Major Depression: Maintenance of Therapeutic Benefit at 10 Months - James Blumenthal and his colleagues at Duke University

2001 – JOINT STATEMENT ISSUED BY 17 MAJOR MEDICAL JOURNALS

2001 – Depression: The Way Out - Neil Nedley, MD

2002 – Authentic Happiness: Using the New Positive Psychology to Realize Your Potential for Lasting Fulfillment – Martin E.P. Seligman, PhD

2002 – The Emperor’s New Drugs: An Analysis of Antidepressant Medication Data Submitted to the U.S. Food and Drug Administration - Irving Kirsch and others, in “Prevention and Treatment” –

2004 – Overdosed America: The Broken Promise of American Medicine – John Abramson, MD

2004 – The Truth About the Drug Companies: How They Deceive Us, and What to Do About It - Marcia Angell, MD (Former editor in chief of The New England Journal of Medicine)

2004 – Let Them Eat Prozac: The Unhealthy Relationship Between the Pharmaceutical Industry and Depression - – David Healy, MD

2004 – BLACK BOX WARNING ON SSRI’S


2005 – **Selling Sickness: How the World’s Biggest Pharmaceutical Companies are Turning Us All Into Patients** - Roy Moynihan, Alan Cassels


2005 – **Serotonin and Depression: A Disconnect Between the Advertisements and the Scientific Literature** - Jeffrey R. LaCasse and Jonathon Leo

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2006 – **The Chemistry of Joy: A Three-Step Program for Overcoming Depression Through Western Science and Eastern Wisdom** – Henry Emmons, MD

2006 – **When Panic Attacks: The New, Drug-Free Anxiety Therapy That Can Change Your Life** - David D. Burns, MD

2006- **The Whistleblower: Confessions of a Health-Care Hitman** – Peter Rost, MD

2006 - **America Fooled: The Truth About Antidepressants, Antipsychotics, and How We’ve Been Deceived** – Dr. Timothy Scott, PhD (psychologist)

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2007 – **Surviving America’s Depression Epidemic: How to Find Morale, Energy, and Community in a World Gone Crazy** – Bruce E. Levine

2007 – **The Crazy-Makers: How the Food Industry is Destroying Our Brains and Harming Our Children** – Carol N. Simontacchi

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2008 – **Medication Madness: The Role of Psychiatric Drugs in Cases of Violence, Suicide, and Crime** – Peter R. Breggin, MD

2008 – **Side Effects: A Prosecutor, a Whistleblower, and a Bestselling Antidepressant on Trial** - Alison Bass

2008 – **Comfortably Numb: How Psychiatry is Mediating a Nation** – Charles Barber

2008 – **How Doctors Think** – Jerome Groopman

2008 – **Unsubstantiated Chemical Imbalance Theory of Depression Perpetuated by the Media**- Jonathon Leo and Jeffrey R. LaCasse, in a followup to their 2005 study)
2008 – “NEXT TO NORMAL” OPENS OFF-BROADWAY

2009 – The Myth of the Chemical Cure: A Critique of Psychiatric Drug Treatment – Joanna Moncrieff, MD (British psychiatrist)

2009 – Depression is Contagious: How the Most Common Mood Disorder Is Spreading Around the World and How to Stop It – Michael D. Yapko, PhD

2009 – “NEXT TO NORMAL” OPENS ON BROADWAY, AND WINS 3 TONY AWARDS

2009 – The Serotonin Theory of Depression is Collapsing: Prozac Backpedal – Blog on Psychology Today website, July 23, 2010 – After reviewing books published in 2010 questioning the legitimacy of the chemical imbalance theory, this article concludes:

“As a scientific venture, the theory that low serotonin causes depression appears to be on the verge of collapse. This is as it should be; the nature of science is ultimately to be self-correcting. Ideas must yield before evidence.

“I am less confident about the nature of public opinion. How many times more will the mantra of depression as diabetes (with Prozac starring as insulin) be repeated? Who will dispel the illusion that the smart scientists have firmly established that depression is caused by low serotonin? Make no mistake, it will be difficult to alter the dominant lay theory of depression. I offer this blog post as a humble harbinger of change.”