1980 – **Feeling Good: The New Mood Therapy** - David D. Burns, MD
(First book for the public on cognitive therapy, applying the new method to depression intervention.)

1988 – **RELEASE OF PROZAC** (1st enduring SSRI on the US market. Hailed and widely publicized by mainstream media as new “wonder drug.”)

1989 – **ACHPR FORMED, BEGINS RESEARCH** (Federal group to study what works and what doesn’t in treating depression, in the face of a recent announcement of depression as an epidemic in the U.S.)

1990 – **The Feeling Good Handbook** - David D. Burns, MD (Powerful book expanding uses of cognitive therapy to depression, anxiety, perfectionism, relationship/communication struggles, etc.)

1991 – **Toxic Psychiatry – Why Therapy, Empathy, and Love Must Replace the Drugs, Electroshock, and Biochemical Theories of the “New Psychiatry”** - Peter R. Breggin, MD
(Grand-daddy of critiques on emerging bio-psychiatry – an anomaly in its time. Critiques include “Suppressing the Passion of Children” and “Suppressing the Passion of Women.”)

1993 – **ACHPR REPORT PUBLISHED** (Massive federal study results in conclusions: Ineffective treatments: 1) Past-oriented psychodynamic analysis; 2) Medication-only treatment (most likely to produce relapse of all approaches studied.) Effective treatments: 1) Cognitive Therapy; 2) Behavior Therapy; 3) ITP (Interpersonal Therapy, helping people to resolve “relationship triggers.” These 3 methods have in common: 1) action-oriented: requiring work and change; 2) present-oriented; 3) time-limited.

1993 – **Listening to Prozac** - Peter Kramer, MD (Coined the terms “better than well” and “cosmetic psychopharmacology” – concepts introduced within the book as a question – is this good for us? – but picked up by the media as rationale for widespread use of Prozac – making this book historically one of the factors exponentially expanding the use of SSRI’s – notwithstanding the reservations of its author.)
1996 - *Breaking the Patterns of Depression* - Micheal D. Yapko, PhD  *(Provides review of AHCPR report, adding practical self-help strategies on applying the 3 effective methods. Also describes chemical imbalance theory as “oversold and unproven;” identifies limits of medication therapy.)*

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  *(Comprehensive analysis by a neurochemist evaluating the evidence for the chemical imbalance theory, since with the advent of biopsychiatry, “We have gone from blaming the mother to blaming the brain.” Ultimately concludes – there is no reliable evidence for the chemical imbalance theory.)*

1999 – *Hand-Me-Down Blues: How to Stop Depression From Spreading in Families* - Michael D. Yapko, PhD  *(Yapko draws on his background as a family therapist to provide an alternate explanation for the intergenerational transmission of depression in families. Rather than “bad genes”, this cycle might be perpetuated by negative - but changeable – family patterns of attitude, behavior, and relationship.)*

1999 – *Feeling Good : The New Mood Therapy, Revised and Updated* - David D. Burns, MD  *(This new edition includes the observation – like Vallenstein’s - that careful years of research have revealed no evidence for the chemical imbalance theory – particular the “low serotonin” theory.)*

1999 – *Your Drug May Be Your Problem, Revised Edition: How and Why to Stop Taking Psychiatric Medications* – Peter Breggin, MD, and David Cohen  *(Documented emerging dangers of antidepressants, and alternative treatments that are safer and less expensive.)*

1999 – *Effectiveness of Exercising Training on Older Adults with Major Depression*  *(James Blumenthal and his colleagues at Duke University found that a moderate exercise program overcame depression symptoms just as effectively as Zoloft or a Zoloft-plus exercise combination.)*

2000 – *Prozac Backlash: Overcoming the Dangers of Prozac, Zoloft, Paxil, and Other Antidepressants with Safe, Effective Alternatives* – Joseph Glenmullen, PhD  *(A Harvard-trained, Harvard-practicing psychiatrist expresses his concerns about emerging evidence of serious side effects of SSRI’s, especially when used long-term. Drawing on his background teaching the history of psychiatry at Harvard, and his access to the well-stocked Harvard medical library, he identifies the “10-20-30 year pattern” visible in various chemical treatments initially hailed as “wonder drugs” over the past century. Within 10 years after the release of a new drug, he notes that a few concerns are noted by a few vocal physicians – but these are largely disregarded. Within 20 years, a broadening chorus of many professional voices express concern. Within 30 years, so many concerns are expressed that the drug is discontinued or closely regulated. However, by then the patents are expired, the profit potential is*
minimal – so the drug companies go on to create the next “wonder drug,” perpetuating the cycle. Glenmullen also lays out safe, alternative methods for effectively treating depression.

2000 – **Depression-Free for Life: A Physician’s All-Natural, 5-Step Plan** – Gabriel Cousins, MD (A physician describes “the serotonin effect” – SSRIs inhibiting the action of receptor sites in the brain, producing emotional “blunting” over time. Encourages physical lifestyle alternatives such as improving nutrition to promote the brain’s own production of helpful chemicals.)

2000 – **Exercise Treatment for Major Depression: Maintenance of Therapeutic Benefit at 10 Months** - James Blumenthal and his colleagues at Duke University found at a 6-month follow-up that those who exercised had significantly less relapse than the other groups tested: Zoloft-only (38% relapsed); Exercise-only (8%); Zoloft-plus-Exercise (31%). This surprised them – they expected the combination to have the best longterm outcome. They realized that the exercise group had the advantage of expanded self-efficacy: “I overcame my depression – not some outside force.”

2001 – **JOINT STATEMENT ISSUED BY 17 MAJOR MEDICAL JOURNALS**, noting that due to the proliferation of published studies funded by pharmaceutical companies, they could no longer guarantee the reliability of the content they published. 2 editors of major journals retired voluntarily following this statement.

2001 – **Depression: The Way Out** - Neil Nedley, MD (Nedley, an internal medicine doctor, after learning that 1 in 3-6 of his patients were likely to be depressed, did comprehensive medical research to look into the core causes of depression so he could help. After identifying 10 “hit categories” with dozens of causes, he developed the Depression Recovery Program, based on the observations that if “hits” can be reduced to 3 or less in a patient, depression can be overcome. Lifestyle solutions and other self-help strategies are core components in this empowering, medically-based program, as described in this book.)

2002 – **Authentic Happiness: Using the New Positive Psychology to Realize Your Potential for Lasting Fulfillment** – Martin E.P. Seligman, PhD (Laying out the principles of the new science of “Positive Psychology” spearheaded by Seligman while he was serving as President of the American Psychological Association during the turn of the millennium. Notes that while the last century in psychology has been mostly about identifying illness, this next century in psychology should focus more on studying and encouraging emotional wellness. Lays out some core principles for this new focus.)

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” – reveals that response to antidepressants is not significantly different than response to placebos.

2004 – **Overdosed America: The Broken Promise of American Medicine** – John Abramson, MD (A family doctor leaves his practice to write this book, concerned about broad changes in medical practice and medical writing. Notes the 2001 Joint Statement and the impact of DTCA. Feels that in
medical treatment of a broad range of issues, including depression, what gets publicized are drug treatments, whereas cheaper lifestyle treatments are more effective and lasting.)

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 – one of the journals involved in the “joint statement.”)

2004 – Let Them Eat Prozac: The Unhealthy Relationship Between the Pharmaceutical Industry and Depression -- David Healy, MD  (A formerly pro-drug Irish psychiatrist reveals his concerns, after some significantly negative experiences in testing the impact of antidepressants.)

2004 – BLACK BOX WARNING ON SSRI'S  (After accumulated evidence of increased suicidality of adults and children on SSRI's, the FDA requires a “black box warning” of this possible side effect on all SSRI antidepressants.)

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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 compare the scientific literature (which was increasingly dismissing the serotonin theory as unproven and deceptive) and the advertising pitches to the public and to doctors, which described chemical imbalance as “the” scientifically-supported cause for depression, which their products are designed to correct. They characterized this as the biggest discrepancy ever observed between actual science and advertising.

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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)
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


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, documented portrayals in the media that “depression is caused by chemical imbalance.” They contacted media representatives, seeking research sources documenting this view. In no instance was such a source found – yet the view continues to be widely promulgated in the media, as if it was established fact.

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 - after being nominated for 11. It gains praise for being an honest, gripping look at bipolar disorder and the suffering it causes individuals and families. Features the lead character throwing away her medications after realizing she’s feeling nothing and being declared “cured” by her psychiatrist. She then undergoes ECT and other invasive treatment. Her marriage finally ends in divorce, as the music swells.

2010 – The Emperor’s New Drugs: Exploding the Antidepressant Myth – Irving Kirsch, PhD

2010 – Crazy Like Us – The Globalization of the American Psyche – Ethan Watters (journalist)

2010 – Unhinged – The Trouble With Psychiatry – A Doctor’s Revelations about a Profession in Crisis - Daniel Carlat, MD

2010 – Manufacturing Depression: The Secret History of a Modern Disease – Gary Greenburg

2010 – How to Get Off Psychiatric Drugs Safety – 2010 Edition: There is Hope. There is a Solution – James Harper, NC (after a free ebook version appeared for several years on his website)

2010 – “NEXT TO NORMAL” WINS THE PULITZER PRIZE FOR DRAMA - only the 8th musical in history to win this award.

2010 – “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.”