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About the Editors-in-Chief

Jeremy W. Pettit, PhD, is a professor of psychology and psychiatry at Florida International University, where he serves as the executive director of the Center for Children and Families. His research aims to advance understanding of the etiology and maintenance of depression, anxiety, and suicidal behaviors, and to translate such understanding into more effective treatments. With over \$40 million in funding from the National Institutes of Health, his program of research has resulted in more than 175 journal articles and book chapters. He has also coauthored award-winning books on depression, including *Chronic Depression: Interpersonal Sources, Therapeutic Solutions* and *The Interpersonal Solution to Depression: A Workbook for Changing How You Feel by Changing How You Relate*, as well as a book that provides teens with evidence-based strategies for coping with suicidal thoughts, *Overcoming Suicidal Thoughts for Teens: CBT Activities to Reduce Pain, Increase Hope, and Build Meaningful Connections*. His efforts toward preventing suicidal behaviors in young people were recognized with the Edwin S. Shneidman Award from the American Association of Suicidology. Additionally, he has served as executive editor of *Behavioral Medicine* and associate editor of *International Journal of Cognitive Therapy* and *Journal of Social and Clinical Psychology*.

Thomas M. Olino, PhD, is a licensed clinical psychologist and professor of psychology and neuroscience at Temple University. He is a Fellow of the Association for Psychological Science and a recipient of the David Shakow Early Career Award for Contributions to Clinical Psychology from the Society of Clinical Psychology, Division 12 of the American Psychological Association; Susan Nolen-Hoeksema Early Career Award from the Society for a Science of Clinical Psychology; and Society for Research in Psychopathology Early Career Award. He currently is an associate editor at the journal *Training and Education in Professional Psychology* and previously served as an associate editor for the journal *Assessment* and academic editor for *PLOS ONE*. He has served on the boards of the Society for Research in Psychopathology, the Society for a Science of Clinical Psychology, and the Coalition for the Advancement and Application of Psychological Science. Dr. Olino's research has been supported by the Brain and Behavior Research Foundation and National Institute of Mental Health. The focus of his work is on developmental psychopathology, relying on high-risk offspring designs to better understand developmental trajectories of risk, reflected by temperamental, emotional, and neurobiological processes. His work also relies on the use of cutting-edge measurement modeling to better understand the reliability and validity of psychological measures and constructs. Dr. Olino has authored over 200 peer-reviewed empirical articles.

About the Associate Editors

Rhonda C. Boyd, PhD, is an associate professor in the Department of Child and Adolescent Psychiatry and Behavioral Sciences at the Children's Hospital of Philadelphia (CHOP) and the University of Pennsylvania Perelman School of Medicine. Additionally, she is a researcher at CHOP PolicyLab and has been involved in policy-related initiatives at the local and national levels. For example, she participated in the work group for the Congressional Black Caucus Emergency Taskforce on Black Youth Suicide & Mental Health that resulted in the influential report *Ring the Alarm: The Crisis of Black Youth Suicide in America*. Clinically, Dr. Boyd codeveloped and serves as the associate director of the CHOP's Child and Adolescent Mood Program in the outpatient clinic, where she practices as a licensed psychologist specializing in the evaluation and treatment of youth with depression and suicide risk. A major focus of her research has been on depression among perinatal women, intergenerational transmission of depression, and youth developmental psychopathology risk and protective factors. She has served as a principal investigator and coinvestigator on multiple federal grants, including those from the National Institutes of Health and the Maternal and Child Health Bureau. Specifically, she has conducted intervention studies particularly focused on Black families and has developed and adapted interventions for urban, diverse families with maternal depression in multiple settings, such as community, mental health, and primary care. Currently, she is also a coinvestigator for two Practice-Based Suicide Prevention Research Centers funded by the National Institute of Mental Health (NIMH). Her professional positions include consulting editor of the *Journal of Clinical Child & Adolescent Psychology*, member of the National Scientific Council on Adolescence, and standing member of NIMH's Effectiveness of Mental Health Interventions review committee. She previously served as chair of the Society of Prevention Research's Diversity Network Committee and cochair of their Prevention Science's Role in Reducing Disparities and Promoting Equity Task Force. She became an APA Fellow (Society of Clinical Child and Adolescent Psychology [Division 53]) in 2024. Visit Dr. Boyd's faculty page (<https://www.med.upenn.edu/apps/faculty/index.php/g275/p12060>).

Brian C. Chu, PhD, is professor and past department chair in the Department of Clinical Psychology in the Graduate School of Applied and Professional Psychology at Rutgers University, and founder/director of the Youth Anxiety and Depression Clinic. He has received diverse grant funding from National Institute of Mental Health, William T. Grant

Foundation, NJ Governors, and other state/local agencies to develop and evaluate behavioral interventions, to understand the impact of internalizing problems on families, and to extend the reach of services to underserved communities. He coauthored *CBT Treatment Plans and Interventions for Depression and Anxiety Disorders in Youth* (2023) and coedited *Transdiagnostic Treatments for Children and Adolescents: Principles and Practice* (2013). He is a Fellow of the Association for Behavioral and Cognitive Therapies and past editor of the journal *Cognitive and Behavioral Practice*. Dr. Chu's work focuses on anxiety and mood problems in children and adolescents, with a special emphasis on therapy processes, mechanisms of change, and dissemination of evidence-based practices. He is a committed teacher and trainer to students and professional learners at all levels and actively collaborates with organizations to implement competent evidence-based psychological practice.

Elizabeth P. Hayden, PhD, is a professor of psychology and principal investigator of the Brain and Mind Institute at the University of Western Ontario, where she heads the Lifespan study of Emotion And Personality (LEAP) Lab. She is a Fellow of the Association for Psychological Science and the American Psychopathological Association, as well as an associate editor for the journal *Psychological Assessment*, and has served on the boards of the Society for Research in Psychopathology and the Society for a Science of Clinical Psychology. Dr. Hayden's research, which has been supported by the Brain and Behavior Research Foundation, Canadian Institutes of Health Research, Social Sciences and Humanities Research Council, Natural Sciences and Engineering Research Council of Canada, and National Institute of Mental Health, takes a developmental psychopathology approach to understanding the biological and contextual pathways to mood dysregulation, with a particular focus on understanding which children are most vulnerable to depression and related disorders in the context of environmental adversity. This research program necessitates a multimethod approach and incorporates methods such as observational measures of children and the early home environment, structured clinical interviews, psychophysiological approaches, and imaging methods. Dr. Hayden has authored well over 100 peer-reviewed articles and coedited *The Oxford Handbook of Stress and Mental Health*.

Diego A. Pizzagalli, PhD, received his MA (1995) and PhD (1998) from the University of Zurich, Switzerland, and did postdoctoral work at the University of Wisconsin–Madison. From 2002 to 2010 he was a faculty member in the Department of Psychology at Harvard University, where he served as the John and Ruth Hazel Associate Professor of the Social Sciences. In 2010, he was recruited to McLean Hospital to serve as the founding director of the Center for Depression, Anxiety, and Stress Research, as well as the director of the McLean Imaging Center. Since September 2015, Dr. Pizzagalli has served as the director of research for the Division of Depression and Anxiety. He is currently a professor of psychiatry at Harvard Medical School, and the center director for the Silvio O. Conte Center for Basic Translational Mental Health Research focused on the neurobiology of and novel treatment targets for depression and anxiety disorders. In 2025, he became the founding director of the Noel Drury, M.D. Institute for Translational Depression Discoveries, a Distinguished Professor in the Department of Psychiatry and Human Behavior and the Department of Neurobiology and Behavior, and the Noel Drury MD Endowed Chair at the University of California, Irvine, as well as a visiting professor at Oxford University.

The main goals of his research are to improve our understanding of the psychological, environmental, and neurobiological factors associated with mood disorders, particularly major depression. To this end, he integrates behavioral, electrophysiological, neuroimaging, and, more recently, pharmacological approaches to investigate three putative endophenotypes of depression: anhedonia (loss of pleasure), increased stress sensitivity, and executive function deficits.

Dr. Pizzagalli has published over 390 papers and chapters and serves on the editorial board of 13 journals. He is the editor-in-chief of the journal *Cognitive, Affective, & Behavioral Neuroscience*.

Among several awards, he received the Distinguished Scientific Award for an Early Career Contribution to Psychophysiology from the Society for Psychophysiological Research (2006), the Early Career Award from the EEG and Clinical Neuroscience Society (2007), the Anne M. Cataldo Excellence in Mentoring Award from McLean Hospital (2015), two MERIT awards from the National Institute of Mental Health (2016, 2022), the Stuart T. Hauser, MD, PhD, Mentorship Award in Psychiatry from Harvard Medical School (2017), the Joel Elkes Research Award from the American College of Neuropsychopharmacology (2017), a National Alliance for Research on Schizophrenia & Depression Distinguished Investigator Award (2018), the Anna-Monika-Foundation Prize for Research in the Neurobiology and Treatment of Depressive Disorders (2019), the Gerald L. Klerman Senior Investigator Award from the Depression and Bipolar Support Alliance (2023), and the Christensen Fellowship from Oxford University (2024). Since 2019, he has been a highly cited researcher according to Web of Science.

Introduction

Depression stands as a formidable global health challenge. More than 320 million people worldwide, almost 5% of the global population, live with depression (World Health Organization, 2017). It is a leading cause of disability and a major contributor to disease burden. Data from the World Health Organization (2017) document that depression is the single largest contributor to nonfatal health loss, resulting in more than 50 million years lived with disability. Depression further exacts a heavy toll on quality of life, relationship satisfaction, and lifetime financial earnings, as well as increasing the likelihood of medical comorbidities and early mortality (e.g., Galea & Ettman, 2021; Schofield et al., 2011). Depression is also one of the most common presenting problems in mental health and primary care settings, with about 15 million doctors' office visits for depression each year in the United States alone (Santo & Kang, 2023). Its pervasive impact on individuals, families, and communities underscores the urgency of advancing our understanding and treatment of this complex mental health condition.

Multiple conceptualizations of depression have led to rich basic and clinical research on this multifaceted disorder. Over the past decade, significant advances have been made in knowledge on depression, spurred by developments in nosology, clinical assessment, central and peripheral biological processes, genetics, psychological and sociocultural determinants, and translation of these knowledge advances into prevention and intervention efforts. As editors of this handbook, we recognize the critical need for a comprehensive and authoritative resource that synthesizes these advancements and provides mental health professionals with a robust foundation for clinical practice, research, and education.

This handbook represents a culmination of the collective efforts of leading experts in the field, spanning diverse disciplines and perspectives. In recognition of the importance of ensuring diversity and inclusivity in both the content and contributors of this handbook, we prioritized the inclusion of voices from diverse backgrounds and perspectives, reflecting the rich tapestry of experiences and expertise within the field of depression research and practice. The contributors to this handbook synthesized the latest research findings and clinical insights into a two-volume compendium that contextualizes the breadth and depth of basic and applied research on depression within diverse populations and developmental periods, while also identifying critical directions for future research. Moreover, by distilling the information from leading experts in their respective fields of study, we anticipate that connections will be made across content in novel ways that propel the field forward.

Volume 1 contains four parts focusing on the classification, epidemiology, co-occurring conditions, and etiological processes of depression. Part I delves into the historical context of depression, diagnostic classification, epidemiological trends, and the burden of co-occurring conditions such as anxiety disorders, substance use disorders, trauma-related disorders, eating disorders, disruptive behavior disorders, and other medical conditions. These contributions raise key questions about the diagnostic construct and how it has evolved across time. Given recent surges in conceptualizing depression as a biological disorder, Part II explores multiple biological contributors to depression, from molecular genetics to brain structure and function to psychophysiology and neuroimmune interactions. Part II further delves into behavioral genetics, animal models of depression, and the role of sleep and circadian rhythms in depression. However, there are multiple psychological and psychosocial influences on depression. Part III examines individual differences and psychological processes, including temperament, attachment, stress reactivity, self-regulation, and reward processing, providing readers with a comprehensive understanding of the multifactorial influences on the causes of depression. Part III further considers learning and cognition in depression, including attention, interpretation, cognitive control, and memory. Finally, Part IV covers social and cultural processes in depression, including familial and other interpersonal relationships, community, and cultural processes. Part IV also addresses depression-related stigma and the increasing relevance of technology to depression.

In Volume 2, the focus shifts to depression in historically marginalized populations, depression across the life course, and assessment, prevention, and treatment of depression. Throughout all chapters, contributors were asked to address how the principles of their content foci were represented in marginalized populations and across various stages of life. We complement this by including a set of chapters that delve deeply into understanding depression within specific communities and developmental periods. Part I highlights the unique challenges faced by diverse populations, including people from racially and ethnically minoritized groups, people with minoritized sexual and gender identities, and people with disabilities. Part II addresses depression across different developmental stages, from early childhood to later-life depression, as well as depression in the peripartum period. Part III covers ethical issues in research and practice with depression and also focuses on various assessment approaches in relation to depression that include traditional self-report and interview methods, as well as more modern methods that can provide innovative insights into depression, such as ecological-momentary, passive-sensing, and biological assessments. Finally, Part IV provides a comprehensive review of prevention and treatment approaches, including culturally sensitive approaches, behavioral and psychological treatments, and pharmacological and neuromodulatory treatments. Part IV further covers depression in primary care settings and the burgeoning literatures on technology-facilitated and precision treatment approaches.

Written in clear and accessible language, the chapters are tailored to meet the needs of a broad spectrum within the mental health community. This includes researchers, practitioners, scholars, and students in psychology and related fields such as psychiatry and social work. Whether seeking to stay informed on cutting-edge research, enhance clinical practice, or further academic training, this comprehensive resource offers valuable knowledge to support individuals at all stages of their professional development.

Crafting a comprehensive handbook of this magnitude requires a concerted effort and generous support from colleagues. We are indebted to Chris Kelaher, senior acquisitions editor at APA Books, whose unwavering belief, persistence, and enthusiasm were instrumental in launching this project. Additionally, we extend our heartfelt gratitude to Kristen Knight, senior reference editor at APA Books, for her invaluable role in keeping us organized, focused, and on schedule throughout the development of this handbook. Special recognition is due to our associate editors, Rhonda Boyd, Brian Chu, Elizabeth Hayden, and Diego Pizzagalli, whose expertise was essential in shaping specific sections of this handbook and ensuring the depth and accuracy of its content. Lastly, we extend our gratitude to the esteemed contributors for their dedication to advancing knowledge in this vital area of mental health. Because of them, this handbook is unparalleled in scope and provides comprehensive coverage of basic and applied research on depression.

As this is the first edition of this APA handbook, the included work provides a masterful summary of current understanding of depression, upon which future editions of the handbook may build. We hope that this handbook will serve as a catalyst for continued progress in depression research, practice, and advocacy, ultimately improving the lives of individuals, families, and communities affected by this pervasive and debilitating condition.

—Jeremy W. Pettit and Thomas M. Olino
Editors-in-Chief

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