



The Origins and Course of Common Mental Disorders

David Goldberg, Ian Goodyer

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Why are some people more vulnerable to common mental disorders than others?

What effects do genes and environments exert on the development of mental disorders?

The Origins and Course of Common Mental Disorders describes the nature, characteristics and causes of common emotional and behavioural disorders as they develop across the lifespan, providing a clear and concise account of recent advances in our knowledge of the origins and history of anxious, depressive, anti-social, and substance related disorders.

Combining a lifespan approach with developments in neurobiology, this book describes the epidemiology of emotional and behavioural disorders in childhood, adolescence and adult life. David Goldberg and Ian Goodyer demonstrate how both genes and environments exert different but key effects on the development of these disorders and suggest a developmental model as the most appropriate for determining vulnerabilities for psychopathology. Divided into four sections, the book covers:

- the nature and distribution of common mental disorders
- the biological basis of common disorders
- the human life cycle relevant to common disorders
- the developmental model.

This highly readable account of the origins of emotional and behavioural disorders will be of interest to behavioural science students and all mental health professionals including psychiatrists, psychologists, social workers, nurses, and counsellors.

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