

At-risk youth between the ages of 13 and 17 who participated in a depression prevention program based on cognitive behavioral therapy were less likely than their peers to develop depression during the three-year follow-up period. The youth who participated in the program, as well as the control group, had a history of depression or current symptoms not meeting clinical criteria for diagnosis and/or had a parent with current or prior depression, The depression prevention program included eight weekly 90-minute sessions of CBT followed by six monthly continuation sessions.

A History Of Greek Art, Sex, Love & Health: A Self-Help Guide to Love & Sex, Mao Zedong on Diplomacy, Behavior and Nervous System of Aquatic Animals: 7th Symposium, Kanagawa, August 2005, Horvaths komplexe Textur: Dargestellt an fruhen Stucken (German Edition), Human Resource Management in Higher Vocational Colleges second five economic management series planning materials(Chinese Edition), Quantum Cosmology: A Fundamental Description of the Universe (Lecture Notes in Physics),

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