

# Contents

<i>List of Figures</i>	page ix
<i>Acknowledgements</i>	x
1 The Self and Related Concepts	1
Defining Depression	4
Defining the Self	5
Defining Authenticity	20
Defining Control	22
Overview	23
2 The View from Inside: The Variety of Views of Depression	25
Overlapping Views	25
Depression as an Illness	26
Depression as a Part of the Self	31
Depression as a Catalyst for Change	33
Depression as a Way of Thinking	35
Depression as a Weakness	38
Depression as an Emotion	39
Combinations of Views	41
Is It Me or the Illness?	49
Interpreting the Views	54
Conclusion	56
3 Going for Help: The Impact of Diagnosis on the Self	58
First Impressions	58
The Biomedical Model: A Double-Edged Sword	59
Conclusion	65
4 Taking the Medicine: The Impact of Medication on the Self	67
Negotiating Medication and Its Side Effects	67
The Simple Narrative: When It's All about the Medication	71
The Complex Narrative: When Different Therapies Play a Role in Recovery	75



Medication and Authenticity	77
Conclusion	88
<b>5 Crossing Your Fingers: Predicting Depression's Role in the Future Self</b>	<b>90</b>
Perceived Triggers versus Actual Causes	91
Types of Triggers	93
Perceived Triggers and Their Meanings	95
Triggers and Perceiving the Risk of Future Depression	97
Conclusion	117
<b>6 Conclusion</b>	<b>119</b>
Summary and Contrasts	119
Implications and Future Directions	123
<i>Appendices</i>	128
<i>Notes</i>	138
<i>References</i>	147
<i>Index</i>	177