

Table 3. Descriptive statistics of the cognitive processes variables

| Item | TMT | | BVRT No. of Correct Sets | STROOP No. of Words in 45 Seconds | ROCF | | RAVLT | | BNT No. of Correct Answers | COWAT Sum of the 3 Trials |
|----------|-----------------|---------|-----------------------------------|--|--------------------------|-------|---------------------------|-------|-------------------------------------|------------------------------------|
| | Time in Seconds | | | | No. of Points Over 36 | | No. of Correct Answers | | | |
| | Trial A | Trial B | | | Color / Word | Copy | Memory | A5 | | |
| N | 60 | 60 | 60 | 60 | 60 | 60 | 60 | 60 | 60 | 60 |
| Missing | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 |
| Mean | 36.58 | 75.95 | 8.02 | 39.52 | 34.13 | 21.75 | 12.42 | 11.07 | 30.72 | 45.15 |
| Median | 35.00 | 75.00 | 8.02 | 38.50 | 34.00 | 22.00 | 13.00 | 11.00 | 29.00 | 45.50 |
| Mode | 42 | 61 | 8 | 42 | 36 | 26 | 13 | 11 | 29 | 44 |
| S.D. | 13.04 | 26.38 | 1.68 | 11.25 | 1.80 | 5.39 | 1.83 | 2.31 | 7.42 | 7.39 |
| Variance | 169.97 | 695.67 | 2.83 | 126.69 | 3.23 | 29.03 | 3.36 | 5.35 | 55.08 | 54.60 |
| Minimum | 13 | 17 | 4 | 18 | 27 | 10 | 7 | 4 | 15 | 10 |
| Maximum | 76 | 135 | 10 | 72 | 36 | 32 | 15 | 15 | 49 | 57 |

Source: Authors (2014).

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"This is an excellent book. The authors have grasped the essence of psychoanalysis, cut out all the ancillary ideas, and presented the most important model in a clear and concise manner." --Siegfried Bernfeld, University of London Pharmacological Basics of Mood Disorders. The latest medication for treating depression has been developed for more than 50 years. Yet, the way we treat depression has barely changed. Why do we have such a poor success rate with traditional antidepressant medications?

What changes in our current pharmacological paradigm are needed to promote better clinical outcomes for patients with depression? The answer is that we do not know how to treat depression effectively for the majority of patients. The fact that physicians have not been able to successfully treat depression with traditional approaches for more than 50 years tells us that the answer may lie outside the realm of traditional methods. Antidepressant drugs are very effective for the majority of depressed patients, however, many patients do not respond to, or relapse on, these medications. How can we be sure that a patient will be a responder to this treatment? Treatment with antidepressant drugs is not an exact science. We know some things but not all. Therefore, patients may be receiving sub-optimal or even ineffective treatment. Thus, why do so many patients fail to respond

to, or have a poor response, to antidepressant drugs? Although there are several theories that attempt to explain this lack of response to traditional drugs, the author argues that only the theory of psychoanalytic treatment for depression can be said to "understand" the unique way in which people experience depression. Therapists are being trained to recognize the unique manifestations of depression through the use of the a and b model of emotional response. The book makes a case that this unique model of emotional response is essential to understanding and treating depression. Not only is a psychoanalytic model of treatment necessary to understand depression but it also has the potential to provide the most effective treatment for this illness.

In addition, the author argues that it is necessary for psychoanalytic treatment of depression to incorporate a neurobiological perspective. The underlying neurobiology of depression can be described as a problem of prefrontal hypofunction and an impairment of cognitive control. Key Topics: a model of emotional response; distinguishing between a and b; the psychoanalytic model of emotional response; the a b model of emotional response and its contribution to understanding and treating depression; components of psychoanalytic treatment for depression; implications for the reader. 14 15 Understanding Depression: The

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