



The Natural History of Mania, Depression and Schizophrenia

*Paul W Pennigroth Professor of Psychiatry George Winokur M.D., Dr Ming T Tsuang MD PhD Dsc
Frcpsych*

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The Natural History of Mania, Depression, and Schizophrenia takes an unusual look at the course of mental illness, based on data from the Iowa 500 Research Project. This project involved the long-term (30-40 years) follow-up of patients diagnosed with schizophrenia, depression, and bipolar illness.

After presenting a history and background of the study, the authors provide fascinating, verbatim interviews with patients at the time of hospital admission in the 1930s and 1940s. Eight of the 15 chapters are dedicated to the modern, systematic follow-up and family study of these patients. Medical students, residents, psychiatrists, social workers, psychologists, ministers, and clinicians are offered an interesting look at what might be expected should treatment not be instituted with such patients.

Unlike earlier works that focused on the descriptive aspects of mental illness, this book provides clinicians with a more systematic evaluation of the symptom picture, course and outcome, and family history. It concludes with useful information on the diagnosis and classification of the affective disorders and chronic nonaffective psychoses.

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