

Psychotherapy for depression offers teens long-term benefits

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(HealthDay)—For teens with depression, many could reap long-term

benefits from psychological counseling, according to a study published online Nov. 30 in *The Lancet Psychiatry*.

The study included 465 teens in England who had been diagnosed with depression. The participants were randomly assigned to one of three treatments: [cognitive behavior](#) therapy; short-term psychoanalytic therapy; or a brief psychosocial intervention.

The researchers found that 70 percent of the [teens](#) improved to a significant extent no matter which approach they tried. In those who benefited from treatment, their [depression symptoms](#) had declined by 50 percent over the next year.

"This is very promising, and shows that at least two-thirds of teenagers may benefit from these psychiatric treatments, which in theory reduce the risk of recurrence," study coauthor Peter Fonagy, Ph.D., a professor with the Anna Freud Centre and University College London, said in a journal news release.

More information: [Full Text Editorial](#)

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