LIR 10 Course Project

Research Topic: What are the causes of depression and how it is treated once a diagnosis has been made?


The purpose of this webpage and website is to inform and educated the public and psychology professionals on metal disorders such as depression. The author Joseph M. Carver, Ph.D has 33 years of experience as a clinical psychologist and he has written many articles on mental health disorders so he is a credible source of information. The website that contains this webpage is a personal organization that has articles and information provided by other psychology professionals. In this webpage the author gives a basic background on depression and then he specifically explains the causes and treatment of depression in a manner that is understandable to the average person.

The information provided is accurate compared with the other information that I have read from more accredited sources and from my basic knowledge of depression. The webpage was last updated in 2003 so the information is fairly up to date. The article is of great relevance to my topic of depression because he is a professional and he explains the causes and treatments of depression in a way ordinary people can understand. The website that contains this article is sort of hard to search with. It has some distracting advertisements and the organization could be better and more user friendly. I chose this article because of the in depth information provided in regards to my topic.

Web site


Charney, Chief of the Mood and Anxiety Disorders Research Program at the National Institutes of Health, discusses the causes and effects of mental depression in men. Men consistently rank lower than women in their rates of consultation about anxiety and depression, in their willingness to confide their problems to others, and in acknowledging the need for help. Men sometimes delay seeking assistance until their condition reaches a crisis. The article includes sidebars detailing general risk factors and certain risk factors that are pertinent to men. Recent study reports and statistics from 2004 support the main points of the piece.

Magazine article

This is an encyclopedia article from Encyclopedia Britannica. There is not an author listed for the article but the encyclopedia is highly credible and used often for academic research. The article was designed for informative and educational purposes. It explains what depression is, what the proposed causes are, and the treatments used and it does so in a clear organized manner.

This article is highly credible and relevant to the topic of depression. It was last updated in 2004 so it is up to date. The information seems to be accurate when compared with the information provided by the National Instituted of Mental Health and the other sources that were researched. The article was also followed by some references to back up the information in the article. I chose this article because it addressed the issue of the causes and treatment of depression in a clear understandable way. I also liked how it explained the causes according to the psychodynamic theory as well as the biological theory.

Reference source


The author of this article is a writer who writes book and other articles on social issues such as peace and the environment. This article was written for informational purposes and is directed towards teenagers, their friends, and their parents/family. In this article Kowalski explains causes and treatments of depression using the example of a teenage girl.

Kowalski provides a clear explanation of the symptoms of depression and how to treat it. She does so in a humanistic manner rather than the medical professionals who are blunt about the issue. This article was written in 1999 so there have been changes in the field of depression but most of the information provided is accurate and relevant to the topic of causes and treatment of depression. Kowalski may not be a professional but she does have many references from credible source like the National Institute of Mental Health to back up her article. She also uses quotes from medical professionals throughout the article. I chose this article because I like how it explained that causes and treatment of depression using a person as an example.

Scholarly Journal
The information on this website is very reliable. It is a government website and the information provided is based on government funded research. It provides information that would be useful to anyone who is looking for reliable up to date facts regarding any mental health disorder such as depression, schizophrenia, and personality disorders. The website is meant for informative and educational purposes.

The National Institute of Mental Health does an excellent job explaining what depression is, the causes and symptoms of depression, and the various forms of treatment for depression. The information provided is very concise and relevant because the National Institute of Mental Health is reliable authority on the subject of depression. It is also relevant because it explains the causes and possible treatments for depression. There are many other references and publication links to authenticate the facts and information provide by the website. The website is also organized in a professional manner that is user friendly and easy to maneuver around to find the information you are searching for. This site was selected because it clearly and accurately provided the answer to my research question.

Web site


The author of this website, Donald J. Franklin, Ph.D., has been a licensed psychologist since 1987. He has experience working with patients undergoing psychotherapy through his private practice but he has also worked in public mental health and he has experience offering expert witness testimony for court purposes. He is a very good authority on depression and psychology in general. The purpose of his website is to strictly informational and educational for the public, students, and professionals in the same field. He provides a lot of information regarding the causes and treatment of depression including different types of depression and depression in different people like teenagers and seniors.

Dr. Franklin does an excellent job providing a lot of information about depression and the information appears to be accurate. However, most of it is what he states and is not backed up by additional references from other professionals. He does accredit The Nation Institute of Mental Health which I have already established as a reliable, credible source. His website is still highly relevant because it provides in depth information on the causes and treatment of depression and because he had been in the field of psychology for so long. The website is clearly formatted and easy to use. His information of depression is last dated 2002 so the information could be more up to date but is still relevant. I chose this information source because it answered my research question but also included additional information that I found to be helpful to the understanding of depression.

Web site