



NEWS RELEASE
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THE ORIGINS AND COURSE OF COMMON MENTAL DISORDERS

One of the world's leading academics has some tips for parents in helping their children avoid mental illness.

According to Professor Sir David Goldberg, good parents should respond to their children's emotional needs, set limits, negotiate demands and anticipate problems.

If there was no encouragement from parents, it affected the child's peer popularity and social competence. Children who are bullied are also more likely to suffer depression.

Professor Goldberg was delivering the second Black Dog Institute International Lecture on Friday 22 September. Now retired, Professor Sir David Goldberg is Emeritus Professor of Psychiatry at the Institute of Psychiatry at the Maudsley, King's College London.

The title of his address was *Common Mental Disorders from Genesis to Revelations*.

The lecture focused on the factors during life, which either increase resilience, or exacerbate vulnerability. He looked at events in childhood and adolescence that determine vulnerability to both anxiety and depression.

Professor Goldberg said the genetic component for Common Mental Disorders is possibly greater in females. "Cyclical oestrogen renders females more vulnerable," he said.

He did make the point during the lecture that research showed that males were more resistant to treatment.

The findings of the lecture are based on a book Professor Goldberg co-authored with the Professor of Child and Adolescent Psychiatry at the University of Cambridge, Ian Goodyer, titled *The Origins and Course of Common Mental Disorders* (London, Routledge, 2005).