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Interpersonal Psychotherapy for the prevention of depression

What is Interpersonal Psychotherapy or IPT?

IPT is a form of therapy developed by Myrna M Weissman. It is designed to treat both major depression and dysthymia. Dysthymia is a milder but more chronic form of depression.



IPT is a talking therapy. IPT is usually conducted in a room with a counsellor but it can be learned from a book or even from e-couch!

Importantly, IPT has been found to be **effective in lowering depression** for people with mild or moderate symptoms. It works as well as antidepressant drugs.

[Key References](#)