

# Depression In Latinos: Assessment, Treatment, And Prevention

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## Prevention of Adverse Effects

### SUMMARY

#### Prevention Interventions That Specifically Target Families with Depressed Parents

- Studies of interventions that target families with depressed parents have shown the potential to prevent adverse outcomes in children across all developmental stages. These include interventions that prevent or treat depression in the parent, those that target the vulnerabilities of the children, and those that improve parent-child relationships and parenting practices. However, the evaluation of these interventions has rarely included large-scale trials or widespread implementation or dissemination.

#### Broadly Focused Prevention Interventions in Families with Depressed Parents

- Some evidence suggests that prevention strategies that focus more broadly on parenting and child development can be effective even when there is a high rate of depression among parents. However, most evidence-based prevention strategies have not been evaluated for their relative effectiveness in families with depressed parents. Enhancements of these strategies with components targeted specifically to families with depressed parents have also rarely been evaluated.

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