Depression

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Group therapy faded the blues for Ugandans affected by HIV and suffering from depression. A 180-person study found that only 6.5 percent of those who attended group sessions—compared to 54.7 percent with no therapy—remained depressed after four months. Sessions also helped participants who didn’t know their HIV status gather the strength to get tested.

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http://beta.docker.poz.com/article/Quick-Study-Depression-334-5318