

## **Depression: first-line treatment options**

### **Evidence document for the encounter-based decision aid for depression**

#### **How does this work?**

Labbate, LA, Fava, M, Rosenbaum, JF & Arana, GW 2010, *Handbook of Psychiatric Drug Therapy*, 6th edn, Lippincott Williams & Wilkins, Philadelphia, PA.

NHS Choices 2015, *Selective Serotonin Reuptake Inhibitors (SSRIs)*, NHS Choices, viewed 30 November 2015, [http://www.nhs.uk/conditions/ssris-\(selective-serotonin-reuptake-inhibitors\)/Pages/Introduction.aspx](http://www.nhs.uk/conditions/ssris-(selective-serotonin-reuptake-inhibitors)/Pages/Introduction.aspx)

NHS Choices 2014, *Cognitive behavioural therapy (CBT) - How it works*, NHS Choices, viewed 30 November 2015, <http://www.nhs.uk/Conditions/Cognitive-behavioural-therapy/Pages/How-does-it-work.aspx>

#### **Will this work?**

Cuijpers, P, van Straten, A, Warmerdam, L & Andersson, G 2009, 'Psychotherapy versus the combination of psychotherapy and pharmacotherapy in the treatment of depression: a meta-analysis', *Depression and Anxiety*, vol. 26, pp. 279-88.

Cuijpers, P, Dekker, J, Hollon, S & Andersson, G 2009, 'Adding psychotherapy to pharmacotherapy in the treatment of depressive disorders in adults: a meta-analysis', *Journal of Clinical Psychiatry*, vol. 70, pp. 1219-29.

Richards, D & Richardson, T 2012, 'Computer-based psychological treatments for depression: a systematic review and meta-analysis', *Clinical Psychology Review*, vol. 32, pp. 329-42.

Turner, EH, Matthews, AM, Linardatos, E, Tell, RA & Rosenthal, R 2008, 'Selective publication of antidepressant trials and its influence on apparent efficacy', *New England Journal of Medicine*, vol. 358, pp. 252-60.

Whiteford, HA, Harris, MG, McKeon, G, Baxter, A, Pennell, C, Barendregt, JJ & Wang, J 2013, 'Estimating remission from untreated major depression: a systematic review and meta-analysis', *Psychological Medicine*, vol. 43, pp. 1569-85.

#### **What are the risks?**

National Institutes of Health & U.S. National Library of Medicine n.d., DailyMed, Bethesda, MD, viewed 30 November 2015, <http://dailymed.nlm.nih.gov/dailymed/>

#### **How much does this cost?**

Editorial consensus.

#### **Is there anything else I can do?**

Trangle, M, Gursky, J, Haight, R, Hardwig, J, Hinnenkamp, T, Kessler, D, Mack, N & Myszkowski, M 2016, 'Adult Depression in Primary Care', *Institute for Clinical Systems Improvement*.