

Executive Summary

Practice Guideline for the Treatment of Patients with Major Depressive Disorder, Third Edition

The purpose of this document is to introduce PerformCare's practice guideline for the treatment and assessment of patient's with major depressive disorder. These practice guidelines are meant to provide medical and psychological health providers with useful, quick reference tools for treating clients with major depressive disorder. They are intended to extend, not replace, sound clinical judgment. In particular, these adopted guidelines do not supersede the responsibility of the treating clinician to remain current on medications and informed on key regulatory and professional organizations when making important treatment decisions.

PerformCare has adopted the American Psychiatric Association's "Practice Guideline for the Treatment of Patients with Major Depressive Disorder Third Edition (2010)." The following guide is designed to help providers, practitioners, and interested readers become familiar with key features of the documents and find the sections that will be most useful to them.

This guideline was developed through the completion of a comprehensive literature review. The initial draft of the guideline was completed by the work group, which included psychiatrists with clinical as well as research expertise in major depressive disorder. Multiple drafts were completed with widespread review. Fifteen organizations and more than 71 individuals submitted comments. The final draft was reviewed by an Independent Review Panel of experts who evaluated the guideline recommendations for bias. The final draft was approved by the American Psychiatric Association Assembly and Board of Trustees.

Based on the reviewed resources, the guideline explores psychiatric management of the disorder, including the completion of a psychiatric assessment, evaluating the safety of the patient, providing psychoeducation, evaluating functional impairment and quality of life, and coordinating the patient's care with other clinicians. The guideline discusses the implementation of pharmacotherapy, noting benefits and side effects of each treatment. Psychotherapeutic modalities to treat major depressive disorder, such as cognitive behavioral therapies, interpersonal psychotherapy, psychodynamic psychotherapy, problem-solving therapy, marital and family therapy, and group therapy are discussed. Clinical variables that influence treatment planning are discussed, including psychiatric factors, co-occurring psychiatric disorders, and demographic and psychosocial variables. Epidemiology and definition of the disorder are provided as well as review of supporting evidence for recommended treatments. Finally, future research needs are explored such as the efficacy of medication intervention on subgroups of patients with depression.