

MANAGEMENT OF MAJOR DEPRESSIVE DISORDER

GOAL

The main objective of treatment is the complete remission of depression with full functional recovery and the development of resilience.

STEP 0

- Taper and cease any agents that can potentially lower mood
- Institute sleep hygiene
- Implement appropriate lifestyle changes e.g. smoking cessation, adopt regular exercise and achieve a healthy diet
- Address substance misuse if relevant

IF STEP 0 INSUFFICIENT

STEP 1

GENERAL PSYCHOSOCIAL INTERVENTIONS

- Psychoeducation (family, friends, caregivers)
- Low intensity interventions (e.g. internet based education)
- Formal support groups, community groups
- Employment, housing

FORMULATION-BASED INTERVENTION

PSYCHOLOGICAL THERAPY

- Cognitive Behavioural Therapy (CBT)
- Interpersonal therapy
- Acceptance and commitment therapy
- Mindfulness - based Cognitive Therapy

PHARMACOTHERAPY

First line

- SSRIs, NaSSAs, NDRI, SNRIs, NARIs
- Melatonin agonist, serotonin modulator

Second line

- Tricyclic antidepressants, MAOIs

IF STEP 1 INSUFFICIENT

STEP 2

- Combine pharmacotherapy and psychological therapy
- Increase dose of antidepressant medication
- Augment antidepressant medication with lithium and / or antipsychotic medications
- Combine antidepressants
- rTMS (if available)

IF STEP 2 INSUFFICIENT

STEP 3

- ECT

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