

Major depression evaluation and treatment



PUBLIC HEALTH DIVISION Office of Delivery Systems Innovation

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Make an accurate diagnosis of major depression

- ▶ Establish a good therapeutic relationship
- ▶ Get feedback by asking questions such as “Did you feel heard today?”
- ▶ Engage in shared decision making about treatment modalities
- ▶ Discuss prior treatments and experiences of the patient

Discussing multiple treatment modalities

There is consensus that using multiple modalities of treatment simultaneously (combining psychotherapy with antidepressant use and exercise) is more effective than using benefits outweigh the risks.

Lifestyle

- ▶ Exercise
- ▶ Time outdoors
- ▶ Limit screen time (can limit in devices or with carrier)
- ▶ Sufficient sleep and consistent sleep wake times
- ▶ Healthy diet
- ▶ Hydration
- ▶ Connections with family and friends
- ▶ Reduce or eliminate caffeine
- ▶ Reduce or eliminate alcohol and drugs (including marijuana)

Psychotherapies

Evidence shows the following therapies can be equally effective as medication therapy for major depression*:

- ▶ Cognitive behavioral therapy (CBT)
- ▶ Dialectical behavioral therapy (DBT) – good for psychotic features, or comorbid borderline personality disorder (BPD).

*DeRubeis, R, et al; Cognitive Therapy vs Medications in the Treatment of Moderate to Severe Depression; Archives of General Psychiatry; April 2005; 62(4):409-416