



A B C D

# Summary of recommendations



## SIGN 114: Non-pharmaceutical management of depression in adults

This list of all recommendations from the guideline are summarised below to assist integration of SIGN recommendations into local audit or pathway documents with the aim of supporting their implementation. The wording of the recommendations should not be changed.

3	Psychological therapies
	3.2 BEHAVIOURAL ACTIVATION
A	Behavioural activation is recommended as a treatment option for patients with depression.
	3.3 COGNITIVE BEHAVIOURAL THERAPY
A	Individual CBT is recommended as a treatment option for patients with depression.
	3.8 INTERPERSONAL THERAPY
A	Interpersonal therapy is recommended as a treatment option for patients with depression.
	3.9 MINDFULNESS BASED COGNITIVE THERAPY
B	Mindfulness based cognitive therapy in a group setting may be considered as a treatment option to reduce relapse in patients with depression who have had three or more episodes.
	3.11 PROBLEM SOLVING THERAPY
A	Problem solving therapy may be considered as a treatment option for patients with depression.
	3.12 PSYCHODYNAMIC PSYCHOTHERAPY
B	Short term psychodynamic psychotherapy may be considered as a treatment option for patients with depression.
4	Self help
	4.2 GUIDED SELF HELP
B	Guided self help based on CBT or behavioural principles is recommended as a treatment option for patients with depression.
	4.3 COMPUTERISED SELF HELP
A	Within the context of guided self help, computerised CBT is recommended as a treatment option for patients with depression.

5	Exercise and lifestyle modification
	5.1 EXERCISE
B	Structured exercise may be considered as a treatment option for patients with depression.