

HELPLINES

Breathing Space

0800 838 587

CarersLine

0808 808 7777

Depression Alliance Scotland

0845 123 2320

NHS24

08454 24 24 24

Samaritans

0845 790 9090

SAMH (Scottish Association for Mental Health)

0800 917 3466

SANeline

0845 767 8000

SOURCES OF FURTHER INFORMATION

Depression Alliance Scotland

11 Alva Street
Edinburgh EH2 4PH
Tel: 0845 123 23 20 (information and support line)
Website: www.dascot.org and www.lookokfeelcrap.org

Depression UK

Ormiston House, 32-36 Pelham Street
Nottingham NG1 2EG
Tel: 0870 774 4320 (Information line)
Website: www.depressionuk.org

This Quick Reference Guide provides a summary of the main recommendations in SIGN guideline 114: **Non-pharmaceutical management of depression in adults.**

Recommendations are graded **A B C D** to indicate the strength of the supporting evidence.

Good practice points are provided where the guideline development group wishes to highlight specific aspects of accepted clinical practice.

Details of the evidence supporting these recommendations can be found in the full guideline, available on the SIGN website: www.sign.ac.uk

114

Non-pharmaceutical management of depression in adults

Quick Reference Guide

January 2010

PSYCHOLOGICAL THERAPIES

☑ Practitioners delivering psychological therapies should be trained to approved levels of competency, participate in continuing professional development and be registered with the appropriate governing body. They should be receiving ongoing supervision.

A Behavioural activation is recommended as a treatment option for patients with depression.

A Individual CBT is recommended as a treatment option for patients with depression.

☑ A couple-focused approach should be considered where the current relationship is contributing to the depression, or where involvement of a partner is considered to be of potential therapeutic benefit.

A Interpersonal therapy is recommended as a treatment option for patients with depression.

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.

B Problem solving therapy may be considered as a treatment option for patients with depression.

B Short term psychodynamic psychotherapy may be considered as a treatment option for patients with depression.

EXERCISE

B Structured exercise may be considered as a treatment option for patients with depression.

☑ Individuals who are interested in using structured exercise as a treatment intervention for depression should be referred to appropriate exercise counselling and activities in their local community that are relevant to the type of exercise they feel they will enjoy.

This may include a range of community provision eg local gyms, swimming pools, and voluntary walking groups. If there are doubts about the individual's physical health they should be referred back to the GP for health/cardiovascular assessment.

☑ The physical activity readiness questionnaire (PAR-Q) provides a validated tool to determine whether individuals require screening investigations ahead of commencing a structured exercise programme. www.csep.ca/CMFiles/publications/parq/par-q.pdf

☑ Patients should be made aware of factors which may improve and help maintain motivation. For example: setting realistic goals may allow individuals to monitor their progress; exercising with others; and an exercise class or buddy system can increase enjoyment.

HERBAL REMEDIES AND NUTRITIONAL SUPPLEMENTS

☑ Healthcare professionals should not advise use of extract of *Hypericum* (St John's wort) for patients with depression due to the lack of standardisation of dose and the risk of interactions with several common medications including the contraceptive pill.

Where individual patients are using extract of *Hypericum* (St John's wort) for treatment of depression, the general practitioner should facilitate full consideration of potential drug interactions.

SELF HELP AND LIFESTYLE MODIFICATION

☑ Practitioners referring patients to self help groups should consider the following parameters of good practice:

Groups should be:

- Linked to an organisation or well established group that can offer the necessary resources, support and promotion of the groups
- Subject to regular review and evaluation
- Held in accessible, non-stigmatising and welcoming venues
- Recovery-focused and with clear confidentiality policies maintained by members and facilitators
- Led by facilitators who are trained in listening, conflict management and facilitation skills; and who are supervised and supported themselves. Facilitators should have Central Registered Body in Scotland disclosure checks carried out and updated.

A Guided self help based on CBT or behavioural principles is recommended as a treatment option for patients with depression.

A Within the context of guided self help, computerised CBT is recommended as a treatment option for patients with depression.

☑ General advice on following a healthy lifestyle is relevant in the management of patients with depression. Advice should address:

- alcohol and drug use
- diet and eating behaviours
- maintenance of social networks and personally meaningful activities
- sleep problems.