

Table 4

Stepped care model guided by symptom severity and functional impairment

Step one: Education and active monitoring

If there is marked functional impairment, go to step three but include step one

- Psychoeducation
- Encourage physical activity
- Sleep hygiene advice
- Review medical workup and rationalise existing medications and substance use

Step two: Low-intensity psychological interventions^{19,20}

- Individual self-help (including mindfulness and relaxation training)
- Guided self-help such as online programmes (see Useful information box, p21)
- Psychoeducational groups

Step three: High-intensity psychological intervention and/or medication

- Cognitive behaviour therapy
- Medication: Selective serotonin reuptake inhibitors are first line