Table 4

Simplified treatment recommendations for depression

Severity	NICE (patients with chronic conditions)	British Association for Psychopharmacology[12]
Persistent subthreshold symptoms (>2-3 months)	Low-intensity psychosocial intervention*	Consider antidepressants †
Mild	Low-intensity psychosocial intervention*	Antidepressants are an option + should be considered if persistent (>2-3 months) or previous moderate to severe depression ‡
Moderate	High-intensity psychological treatment, preferably group CBT	Antidepressants are first-line treatment. ‡ Psychological treatments (CBT, interpersonal psychotherapy) are an alternative in mild to moderate major depression
Severe	Antidepressants + individual CBT	Antidepressants + CBT

*Consider antidepressants if previous moderate to severe depression, mild + complicates management of chronic conditions , or dysthymia.

† First line if ≥2 years (dysthymia)

‡ CCBT and guided self help not routinely recommended but could be considered for self-motivated individuals. Supervised exercise could be considered but only as an adjunct to other treatments