

Table 3**Simplified treatment recommendations for depression**

Severity	NICE ^{7,8} Without chronic condition	NICE ^{7,8} With chronic condition	British Association for Psychopharmacology ¹⁰
Persistent subthreshold symptoms (>2-3 months)	Low-intensity psychosocial intervention*		Consider antidepressants [†]
Mild			Antidepressants are an option + should be considered if persistent (>2-3 months) or previous moderate to severe depression‡
Moderate	Antidepressants + individual CBT or IPT	High-intensity psychological intervention, preferably group CBT	Antidepressants are first-line treatment‡ Psychological treatments (CBT, behavioural activation or IPT) are an alternative in mild to moderate depression
Severe		Antidepressants + individual CBT	Antidepressants + CBT or behavioural activation

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

† 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