

Persistent subthreshold depressive symptoms or mild to moderate depression

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graph TD; A[Persistent subthreshold depressive symptoms or mild to moderate depression] --> B[Low-intensity psychological and psychosocial interventions]; A --> C[Drug treatment if:];
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Low-intensity psychological and psychosocial interventions

- Individual guided self-help based on CBT principles
- Computerised CBT
- Group-based CBT
- A structured group physical activity programme (* modified according to the physical illness)
- *A group-based peer support (self-help) programme

Drug treatment if:

- Past history of moderate or severe depression OR
- Subthreshold depressive symptoms present for at least two years OR
- Symptoms persist after other interventions
- *Depression complicates the treatment of the physical illness

*Applies to patients with depression and a chronic physical health problem