Recognized scale should be chosen with clear cut-offs for "response" and "remission".

**Diagnostic Assessment + (scale)**

**Diagnosis of moderate to severe MDD/ Persistent DD**

**Specific Psychotherapy (CBT, IPT, Family, Psychodynamic)**

- 6 weeks

**Response?**

- NO

- YES: Continue to complete 3 month course

**Remission?**

- NO

- YES: Discharge

**Remission?**

- NO: Consider adding Fluoxetine +/- changing psychotherapy

**Team Review:**

- Agreeable to medication?

- YES: Medication Stream

- NO: Psychotherapy Stream

**Psychosocial strategies:**

1. Discuss formulation;
2. Anti-bullying strategies (if relevant);
3. Address parental mental illness;
4. Exercise: 1 hour, 3x/week, 12 weeks;
5. Sleep hygiene;
6. Balanced diet

**NICE guidelines for management of depression in children and young people: Moderate to severe depression**


**NOTE:** This algorithm has been developed by a team at the Cundill Centre, based on the team’s understanding of the NICE guidelines. The algorithm has not been reviewed by the National Institute for Health and Care Excellence.
Agreeable to medication?

**Psychotherapy Stream**

**Team Review:**
Consider adding Fluoxetine +/- changing psychotherapy

**Trial of Fluoxetine + Specific Psychotherapy (CBT, IPT, Family, Psychodynamic)**

6 weeks

Response?

YES

Continue to complete 3 month course

YES

Remission?

YES

Continue antidepressant for 6 months or more; Relapse prevention plan

Discharge

Re-referral if relapse

NO

Consider systemic family therapy (15 sessions q2 weeks)

Consider individual psychotherapy for 30 weeks +/- Citalopram or Sertraline

NO

Consider changing psychotherapy:
- Consider systemic family therapy (15 sessions q2 weeks)
- Consider individual psychotherapy for 30 weeks +/- Citalopram or Sertraline

**Monitoring Medication**
Frequent monitoring initially (weekly for the first 4 weeks)
Recommended titration:
- Week 1: 10mg/d
- Week 2: 20mg/d (if tolerated and clinically necessary)

**Other Guidelines**
- Do not offer antidepressant without also offering psychotherapy
- Do not offer paroxetine, venlafaxine, tricyclic antidepressants or St. John’s Wort
- Recognized scale should be chosen with clear cut-offs for "response" and "remission"

**NICE guidelines for management of depression in children and young people: Moderate to severe depression**