Diagnosis Assessment + (scale)

Diagnosis of moderate to severe MDD/ Persistent DD

Specific Psychotherapy (CBT, IPT, Family, Psychodynamic)

6 weeks

Response?

NO

Team Review: Consider adding Fluoxetine +/- changing psychotherapy

YES

Continue to complete 3 month course

Remission?

NO

Re-referral if relapse (should be seen ASAP)

YES

Discharge

Self-help & Psychosocial Strategies:
- Exercise: 45 min- 1 hr, 3x/week, 10-12 weeks
- Sleep hygiene
- Balanced diet
- Anti-bullying strategies (if relevant)
- Address parental mental illness

Agreeable to medication?

NO

MEDICATION STREAM

YES

Psychotherapy Stream

Child = 5-11 years
Youth = 12-18 years

Recognized scale should be chosen with clear cut-offs for “response” and “remission”
Trial of Fluoxetine +
Specific Psychotherapy
(CBT, IPT, Family,
Psychodynamic)

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

Continue antidepressant for 6 months or more; Relapse prevention plan

Discharge

Re-referral if relapse (should be seen ASAP)

NOTE: This decision aid draws on NICE guidance

© NICE (2005) CG28 Depression in children and young people: identification and management. Available from www.nice.org.uk/guidance/cg28 All rights reserved. Subject to Notice of rights

NICE guidance is prepared for the National Health Service in England. All NICE guidance is subject to regular review and may be updated or withdrawn. NICE accepts no responsibility for the use of its content in this product/publication.

The decision aid should not be modified without prior written permission from the Centre for Addiction and Mental Health. For more information about this product, or to receive an electronic copy, e-mail cundill.centre@camh.ca