

CLINICAL PRACTICE GUIDELINE FOR THE SCREENING FOR AND MANAGEMENT OF THE MILD DEPRESSIVE EPISODE IN PRIMARY CARE

- **Title:** Clinical Practice guideline for the screening for and management of the mild depressive episode in primary care.
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- **Abstract:** This paper abstracts the Clinical Practice guideline (CPG) for the screening for and management of the mild depressive episode in primary care in Peruvian Social Security (EsSalud). To perform this CPG, a guideline task force (GTF) was formed with specialized physicians and methodologists, the group proposed 6 clinical questions. To answer each question, systematic searches from PubMed and CPG repository were performed, and pertinent evidence was selected. Certainty of evidence was evaluated using Grading of Recommendations Assessment, Development, and Evaluation (GRADE) methodology. In periodical work sessions, the group used GRADE methodology for reviewing the evidence and formulating recommendations. Seven recommendations (three strong and four conditional), 28 good clinical practice items and two flowcharts were formulated.
- **Key words:** Depressive Symptoms; Practice Guideline; GRADE Approach; Evidence-Based Medicine.
- **PICO questions for CPG:**

PREVENTION		
Question 1: In adult population, should interventions to prevent the development of depressive episodes be provided?		
POPULATION	INTERVENTION / COMPARATOR	OUTCOME(S)
General population	Proposed interventions to prevent the development of depression	<ul style="list-style-type: none"> • Depressive symptoms • Prevention of depression

SCREENING			
Question 2: In adult population, should screening for depressive episode be performed during the primary care consultation?			
POPULATION	INTERVENTION	COMPARATOR	OUTCOME(S)

Adult patients in primary care consultation	Screening	No screening or Usual care	• Depressive symptoms
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MANAGEMENT			
Question 3: In adult patients with mild depressive episode, which therapy should be provided as initial management: drug therapy or psychotherapy?			
POPULATION	INTERVENTION	COMPARATOR	OUTCOME(S)
Adult patients with mild depression	Drug therapy	Psychotherapy	<ul style="list-style-type: none"> • Depressive symptoms • Quality of life • Suicide attempt
Question 4: In adult patients with mild depressive episode in whom it is chosen to start the management with psychotherapy, what psychotherapy should be used?			
POPULATION	INTERVENTION	COMPARATOR	OUTCOME(S)
Adult patients with mild depression	Psychotherapy	Placebo	<ul style="list-style-type: none"> • Depressive symptoms
Question 5: In adult patients with mild depressive episode in whom it is chosen to start the management with drug therapy, what antidepressant drugs should be used to start the therapy?			
POPULATION	INTERVENTION	COMPARATOR	OUTCOME(S)
Adult patients with mild depression	Antidepressant drugs	Placebo	<ul style="list-style-type: none"> • Efficacy (Response to treatment) • Acceptability of treatment
Adult patients with mild depression	Antidepressant drugs	Antidepressant drugs	<ul style="list-style-type: none"> • Efficacy (Response to treatment) • Acceptability of treatment
Question 6: In adult patients with mild depressive episode, should physical exercise be indicated?			
POPULATION	INTERVENTION	COMPARATOR	OUTCOME(S)
Adult patients with mild depression	Physical exercise	Placebo-No treatment	<ul style="list-style-type: none"> • Depressive symptoms (MDE) • Long-term Depressive symptoms (DME) • Adverse events • Acceptability • Quality of life