

Depression: treatment options

Use this decision aid to help you and your healthcare professional talk about different ways to treat your depression. Most people will recover from an episode of depression. However, the first treatment may not work, and depression can come back.

Frequently Asked Questions ↓	Watchful waiting	Talk therapy	Medication
How does this treatment work?	This means no active treatment. You may see your clinician more often to check your symptoms, compare options and discuss your lifestyle and coping strategies.	Talk therapy works by helping you solve problems and clarify your thoughts. Treatment usually lasts 8 to 10 weeks, but can last longer. Therapy options include: In person: Meeting with a therapist every 1 to 2 weeks for 30 to 60 minutes. You may also do homework. On the computer: Using a program on your own or with your clinician's support.	Selective Serotonin Reuptake Inhibitors (SSRIs) are medications that help with symptoms. The pills are usually taken once a day. Treatment usually lasts for 6 to 12 months.
Will this treatment work?	23 out of every 100 people (23%) recover in 3 months through watchful waiting. 53 out of every 100 people (53%) recover in 1 year through watchful waiting.	In addition to the 23 out of every 100 people (23%) who recover through watchful waiting, another 14 out of every 100 people (14%) recover in 2 months with talk therapy. Computer programs work best when you check in regularly with your clinician. Combination therapy: In addition to the 23 out of every 100 people (23%) who recover through watchful waiting, another 26 out of every 100 people (26%) recover with a combination of SSRIs and talk therapy.	In addition to the 23 out of every 100 people (23%) who recover through watchful waiting, another 17 out of every 100 people (17%) recover in 1 month with SSRIs. Combination therapy: In addition to the 23 out of every 100 people (23%) who recover through watchful waiting, another 26 out of every 100 people (26%) recover with a combination of SSRIs and talk therapy.
What are the risks?	Watchful waiting can cause your symptoms to continue or get worse.	Talk therapy can cause discomfort, anxiety, and stress.	SSRIs can cause side effects. Nausea, diarrhea and drowsiness each affect up to 17 out of every 100 people (17%). Up to 13 out of every 100 people (13%) have sexual problems. Sweating, shaking, difficulty sleeping, and dry mouth are less common.
How much does this treatment cost?	Cost will depend on how often you visit your clinician and the type of visit. Work with your clinician and insurance company to check your costs.	In person: Prices will vary. Work with your therapist and insurance company to check your costs. On a computer: Some programs are free. "Mood Gym" is an example of a free online program: https://moodgym.anu.edu.au/	Without insurance: Prices will vary. In general, fluoxetine, citalopram, and paroxetine cost less than \$5 for a 30-day supply. Sertraline usually costs less than \$40 and escitalopram less than \$130 for a 30-day supply. With insurance: Prices will vary by plan. Work with your insurance company to check your costs and coverage.
Is there anything else I can do?	Exercise, healthy eating and visiting with friends can help with symptoms. Other resources may be available at your workplace, in your community or online.	Exercise, healthy eating and visiting with friends can help with symptoms. Other resources may be available at your workplace, in your community or online.	Exercise, healthy eating and visiting with friends can help with symptoms. Other resources may be available at your workplace, in your community or online.

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