

# Initiate Treatment for Depression

	PCP Approaches	Care Manager Approaches
	Evidence-Based Medication Treatment	
<b>Biological Approaches</b>	<ul style="list-style-type: none"> <li>Medications are safe and effective but patients will likely need adjustment in antidepressant treatment to achieve remission.</li> <li>First line medications are SSRIs, SNRIs, bupropion, and mirtazapine, which all have comparable efficacy but have different side effect profiles.</li> </ul>	<ul style="list-style-type: none"> <li>Support assessment of past medication trials.</li> <li>Assess for potential barriers to engaging in medication management (e.g., cost or cultural barriers).</li> <li>Support patients through making medication changes and troubleshoot adherence challenges.</li> </ul>
	Evidence-Based Behavioral Treatment	
	<ul style="list-style-type: none"> <li>Validate behavioral interventions are treatment; consider giving the patient a prescription for these treatments.</li> <li>Assess engagement with and reinforce behavioral treatment during medical visits.</li> </ul>	<ul style="list-style-type: none"> <li>There are a number of evidence-based behavioral interventions for depression that can be delivered briefly in primary care medicine.</li> <li>First line treatments include BA, CBT, IPT, and PST.</li> </ul>