

## Depression in adults: treatment and management

Appendix T: References to studies from the  
2004 and 2009 guidelines

*NICE Guideline <...>*

*Appendices*

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# Appendix T: References to studies from the 2004 and 2009 guidelines

## T.1 References to studies from the 2009 guideline

This appendix section contains references for the studies included in the 2009 guideline, as they appeared in that guideline.

### T.1.1 Service delivery references

#### T.1.1.1 Collaborative care

##### **ADLER2004** (Published Data Only)

Adler, D. A., Bungay, K. M., Wilson, I. B., Pei, Y., Supran, S., Peckham, E. et al. (2004) The impact of a pharmacist intervention on 6-month outcomes in depressed primary care patients. *General Hospital Psychiatry*, 26, 199-209.

##### **Araya2003** (Published Data Only)

Araya, R., Rojas, G., Fritsch, R., Gaete, J., Rojas, M., Simon, G. & Peters, T.J. (2003) Treating depression in primary care in low-income women in Santiago, Chile: a randomised controlled trial. *Lancet*, 361, 995-1000.

##### **Blanchard1995** (Published Data Only)

Blanchard, M.R., Waterreus, A., Mann, A.H. (1995) The effect of primary care nurse intervention upon older people screened as depressed. *International Journal of Geriatric Psychiatry*, 10, 289-298.

##### **CHEWGRAHAM2007** (Published Data Only)

Chew-Graham, C. A., Lovell, K., Roberts, C., Baldwin, R., Morley, M., Burns, A. et al. (2007) A randomised controlled trial to test the feasibility of a collaborative care model for the management of depression in older people. *British Journal of General Practice*, 57, 364-370.

##### **DATTO2003** (Published Data Only)

Datto, C. J., Thompson, R., Horowitz, D., Disbot, M., & Oslin, D. W. (2003) The pilot study of a telephone disease management program for depression. *General Hospital Psychiatry*, 25, 169-177.

##### **DIETRICH2004** (Published Data Only)

Kroenke, K., Shen, J., Oxman, T. E., Williams, J. W. J., & Dietrich, A. J. (2008). Impact of pain on the outcomes of depression treatment: results from the RESPECT trial. *Pain.*, 134, 209-215.

\*Dietrich, A., Oxman, T., Williams, J., Schulberg, H., Bruce, M., Lee, P. et al. (2004). Re-engineering systems for the treatment of depression in primary care: Cluster randomised controlled trial. *British Medical Journal*, 329, 602.

##### **DOBSCHA2006** (Published Data Only)

Dobscha, S. K., Corson, K., Hickam, D. H., Perrin, N. A., Kraemer, D. F., & Gerrity, M. S. (2006) Depression decision support in primary care: a cluster randomized trial. *Annals of Internal Medicine*, 145, 477-487.

**FINLEY2003** (Published Data Only)

Finley, P. R., Rens, H. R., Pont, J. T., Gess, S. L., Louie, C., Bull, S. A. et al. (2003) Impact of a collaborative care model on depression in a primary care setting: a randomized controlled trial. *Pharmacotherapy*, 23, 1175-1185.

**Hunkeler2000** (Published Data Only)

Hunkler, E.M., Meresman, J.F., Hagreaves, W.A., Fireman, B., Berman, W.H., Kirsch, A.J., Groebe, J., Hurt, S., Braden, P., Getzell, M., Feigenbaum, P.A., Peng, T. & Salzer, M. (2000) Efficacy of nurse telehealth care and peer support in augmenting treatment of depression in primary care. *Archives of Family Medicine*, 9, 700-708.

**Katon1995** (Published Data Only)

Katon, W., Von Korff, M., Lin, E., Walker, E., Simon, G.E., Bush, T., Robinson, P. & Russo, J. (1995) Collaborative management to achieve treatment guidelines: impact on depression in primary care. *Journal of the American Medical Association*, 273, 1026-1031.

**Katon1996** (Published Data Only)

Katon, W., Robinson, P., Von Korff, M., Lin, E., Bush, T., Ludman, E., Simon, G. & Walker, E. (1996) A multifaceted intervention to improve treatment of depression in primary care. *Archives of General Psychiatry*, 53, 924-932.

**Katon1999** (Published Data Only)

Lin, E.H.B., Von Korff, M., Russo, J., Katon, W., Simon, G.E., Unutzer, J., Bush, T., Walker, E. & Ludman, E. (2000) Can depression treatment in primary care reduce disability? A stepped care approach. *Archives of Family Medicine*, 9, 1052-1058.

Katon, W., Russo, J., Von Korff, M., Lin, E., Simon, G., Bush, T., Ludman, E., Walker, E. (2002) Long-term effects of a collaborative care intervention in persistently depressed primary care patients. *Journal of General Internal Medicine*, 17, 741-748.

Simon, G.E., Katon, W.J., Von Korff, M., Unutzer, J., Lin, E.H.B., Walker, E.A., Bush, T., Rutter, C. & Ludman, E. (2001) Cost-effectiveness of a collaborative care program for primary care patients with persistent depression. *American Journal of Psychiatry*, 158 (10), 1638-1644

\*Katon, W., Von Korff, M., Lin, E., Simon, G., Walker, E., Unutzer, J., Bush, T., Russo, J. & Ludman, E. (1999) Stepped collaborative care for primary care patients with persistent symptoms of depression: a randomised trial. *Archives of General Psychiatry*, 56, 1109-1115.

**LUDMAN2007** (Published Data Only)

Ludman, E. J., Simon, G. E., Grothaus, L. C., Luce, C., Markley, D. K., & Schaefer, J. (2007). A pilot study of telephone care management and structured disease self-management groups for chronic depression. *Psychiatric Services*, 58, 1065-1072.

**Mann1998b** (Published Data Only)

Mann, A.H., Blizard, R., Murray, J., Smith, J.A., Botega, N., Macdonald, E. & Wilkinson, G. (1998) An evaluation of practice nurses working with general practitioners to treat people with depression. *British Journal of General Practice*, 48, 875-879.

**MCMAHON2007** (Published Data Only)

McMahon, L., Foran, K. M., Forrest, S. D., Taylor, M. L., Ingram, G., Rajwal, M. et al. (2007) Graduate mental health worker case management of depression in UK primary care: A pilot study. *British Journal of General Practice*, 57, 880-885.

**PERAHIA2008** (Published Data Only)

Perahia, D. G., Quail, D., Gandhi, P., Walker, D. J., & Peveler, R. C. (2008) A randomized, controlled trial of duloxetine alone vs. duloxetine plus a telephone intervention in the treatment of depression. *Journal of Affective Disorders*, 108, 33-41.

**PILLING2010** (Unpublished Data Only)

Pilling, S. A., Cape, J., Liebowitz, J. A., et al. (2010) Enhanced care for depression: A study in primary care. Unpublished.

**RICHARDS2008** (Published Data Only)

Richards, D. A., Lovell, K., Gilbody, S., Gask, L., Torgerson, D., Barkham, M. et al. (2008) Collaborative care for depression in UK primary care: a randomized controlled trial. *Psychological Medicine*, 38, 279-287.

**RICKLES2005** (Published Data Only)

Rickles, N. M., Svarstad, B. L., Statz-Paynter, J. L., Taylor, L. V., & Kobak, K. A. (2005) Pharmacist telemonitoring of antidepressant use: Effects on pharmacist-patient collaboration. *Journal of the American Pharmacists Association*, 45, 344-353.

**ROST2001a** (Published Data Only)

Rost, K., Smith, J. L., & Dickinson, M. (2004) The effect of improving primary care depression management on employee absenteeism and productivity. A randomized trial. *Medical Care*, 42, 1202-1210.

Rost, K., Pyne, J. M., Dickinson, L. M., & LoSasso, A. T. (2005) Cost-effectiveness of enhancing primary care depression management on an ongoing basis. *Annals of Family Medicine*, 3, 7-14.

Pyne, J. M., Rost, K. M., Zhang, M., Williams, D. K., Smith, J., & Fortney, J. (2003) Cost-effectiveness of a primary care depression intervention. *Journal of General Internal Medicine*, 18, 432-441.

Rost, K., Nutting, P.A., Smith, J. & Werner, J.J. (2000) Designing and implementing a primary care intervention trial to improve the quality and outcome of care for major depression. *General Hospital Psychiatry*, 22, 66-77.

\*Rost, K., Nutting, P., Smith, J., Werner, J. & Duan, N. (2001) Improving depression outcomes in community primary care practices: a randomized trial of the QuEST intervention. *Journal of General Internal Medicine*, 16, 143-149.

**Rost2001b** (Published Data Only)

Rost, K., Nutting, P.A., Smith, J. & Werner, J.J. (2000) Designing and implementing a primary care intervention trial to improve the quality and outcome of care for major depression. *General Hospital Psychiatry*, 22, 66-77.

Dickinson, L. M., Rost, K., Nutting, P. A., Elliott, C. E., Keeley, R. D., & Pincus, H. (2005) RCT of a care manager intervention for major depression in primary care: 2-year costs for patients with physical vs psychological complaints. *Annals of Family Medicine*, 3, 15-22.

Pyne, J. M., Rost, K. M., Zhang, M., Williams, D. K., Smith, J., & Fortney, J. (2003) Cost-effectiveness of a primary care depression intervention. *Journal of General Internal Medicine*, 18, 432-441.

Rost, K., Pyne, J. M., Dickinson, L. M., & LoSasso, A. T. (2005) Cost-effectiveness of enhancing primary care depression management on an ongoing basis. *Annals of Family Medicine*, 3, 7-14.

\*Rost, K., Nutting, P., Smith, J.L., Elliott, C.E. & Dickinson, M. (2002) Managing depression as a chronic disease: a randomised trial of ongoing treatment in primary care. *British Medical Journal*, 325, 1-6.

**Simon2000** (Published Data Only)

Simon, G.E., Von Korff, M., Rutter, C. & Wagner, E. (2000) Randomised trial of monitoring, feedback, and management of care by telephone to improve treatment of depression in primary care. *British Medical Journal*, 320, 550-554.

**SIMON2004** (Published Data Only)

Simon, G.E., Ludman, E.J., Tutty, S., Operskalski, B., Von Korff, M. (2004) Telephone psychotherapy and telephone care management for primary care patients starting antidepressant treatment: a randomized trial. *Journal of the American Medical Association*, 292, 935-942.

**SIMON2006** (Published Data Only)

Simon, G. E., Ludman, E. J., & Operskalski, B. H. (2006) Randomized trial of a telephone care management program for outpatients starting antidepressant treatment. *Psychiatric Services*, 57, 1441-1445.

**SMIT2006** (Published Data Only)

Conradi, H.J., de Jonge, P. & Ormel, J. (2008) Cognitive-behavioural therapy v usual care in recurrent depression. *The British Journal of Psychiatry*, 193, 505-506

Conradi, H. J., de Jonge, P., Kluiters, H., Smit, A., vander-meek, K., Jenner, J. A. et al. (2007). Enhanced treatment for depression in primary care: long-term outcomes of a psycho-educational prevention program alone and enriched with psychiatric consultation or cognitive behavioral therapy. *Psychological Medicine*, 37, 849-862.

Smit, A., Kluiters, H., Conradi, H. J., vander-meek, K., Tiemens, B. G., Jenner, J. A. et al. (2006). Short-term effects of enhanced treatment for depression in primary care: results from a randomized controlled trial. *Psychological Medicine*, 36, 15-26.

**SWINDLE2003** (Published Data Only)

Swindle, R. W., Rao, J. K., Helmy, A., Plue, L., Zhou, X. H., Eckert, G. J. et al. (2003) Integrating clinical nurse specialists into the treatment of primary care patients with depression. *International Journal of Psychiatry in Medicine*, 33, 17-37.

**Unutzer2002** (Published Data Only)

Katon, W., Unutzer, J., Fan, M.Y., Williams, J.W., Schroenbaum, M., Lin, E.H.D & Hunkeler, E.M. (2006) Cost effectiveness and net benefit of enhanced treatment of depression for older adults with diabetes and depression. *Diabetes Care*, 29, 265-270.

Unutzer, J., Katon, W. J., Fan, M. Y., Schoenbaum, M. C., Lin, E. H., Della, P. et al. (2008) Long-term cost effects of collaborative care for late-life depression. *American Journal of Managed Care*, 14, 95-100.



Vannoy, S. D., Duberstein, P., Cukrowicz, K., Lin, E., Fan, M. Y. & Unutzer, J. (2007) The relationship between suicide ideation and late-life depression. *American Journal of Geriatric Psychiatry*, 15, 1024-1033.

Hunkeler, E. M., Katon, W., Tang, L., Williams, J. W. J., Kroenke, K., Lin, E. H. et al. (2006) Long term outcomes from the IMPACT randomised trial for depressed elderly patients in primary care. *British Medical Journal*. 332, 259-263.

Unutzer, J., Tang, L., Oishi, S., Katon, W., Williams, J. W. J., Hunkeler, E. et al. (2006) Reducing suicidal ideation in depressed older primary care patients. *Journal of the American Geriatrics Society*, 54, 1550-1556.

Hegel, M. T., Imming, J., Cyr-Provost, M., Noel, P. H., Arean, P. A., & Unutzer, J. (2002) Role of behavioral health professionals in a collaborative stepped care treatment model for depression in primary care: Project IMPACT. *Families, Systems and Health*, 3, 265-277.

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Arean, P., Hegel, M., Vannoy, S., Fan, M.Y. & Unutzer, J. (2008) Effectiveness of problem-solving therapy for older, primary care patients with depression: results from the IMPACT project. *The Gerontologist*, 48 (3), 311-323

Unutzer, J., Katon, W., Williams, J.W., Callahan, C.M., Harpole, L., Hunkeler, E.M., Hoffing, M., Arean, P., Hegel, M.T., Schoenbaum, M., Oishi, S.M. & Langston, C.A. (2001) Improving primary care for depression in late life: the design of a multicentre randomized trial. *Medical Care*, 39 (8), 785-799.

#### **Wells1999** (Published Data Only)

Unutzer, J., Rubenstein, L., Katon, W. J., Tang, L., Duan, N., Lagomasino, I. T. et al. (2001) Two-year effects of quality improvement programs on medication management for depression. *Archives of General Psychiatry*, 58, 935-942.

Wells, K.B., Schoenbaum, M., Unutzer, J., Lagomasinio, I.T. & Rubenstein, L.V. (2008) Quality of care for primary care patients with depression in managed care. *Archives of Family Medicine*, 8, 529-536.

Sherbourne, C., Wells, K.B., Duan, N., Miranda, J., Unutzer, J., Jaycox, L., Schoenbaum, M., Meredith, L.S. & Rubenstein, L.V. (2001) Long-term effectiveness of disseminating quality improvement for depression in primary care. *Archives of General Psychiatry*, 58, 696-703.

Wells, K.B., Sherbourne, C., Schoebaum, M., Duan, N., Meredith, L., Unutzer, J., Miranda, J., Carney, M.F. & Rubenstein, L.V. (2000) Impact of disseminating quality improvement programs for depression in managed primary care. *Journal of the American Medical Association*, 283 (2), 212-220.

Sherbourne, C. D., Weiss, R., Duan, N., Bird, C. E., & Wells, K. B. (2004) Do the effects of quality improvement for depression care differ for men and women? Results of a group-level randomized controlled trial. *Medical Care*, 42, 1186-1193.

Sherbourne, C. D., Edelen, M. O., Zhou, A., Bird, C., Duan, N., & Wells, K. B. (2008) How a therapy-based quality improvement intervention for depression affected life events and psychological well-being over time: a 9-year longitudinal analysis. *Medical Care*, 46, 78-84.

\*Wells, K.B. (1999) The design of partners in care: evaluating the cost-effectiveness of improving care for depression in primary care. *Social Psychiatry and Psychiatric Epidemiology*, 34, 20-29.

Wells, K. B., Schoenbaum, M., Duan, N., Miranda, J., Tang, L., & Sherbourne, C. (2007) Cost-effectiveness of quality improvement programs for patients with subthreshold depression or depressive disorder. *Psychiatric Services*, 58, 1269-1278.

Wells, K.B., Tang, L., Miranda, J., Benjamin, B., Duan, N. & Sherbourne, C.D. (2008) The effects of quality improvement for depression in primary care at niine years: results from a randomized, controlled group-level trial. *Health Services Research*, 43 (6), 1952-1974.

Schoenbaum, M., Sherbourne, C., & Wells, K. (2005) Gender patterns in cost effectiveness of quality improvement for depression: results of a randomized, controlled trial. *Journal of Affective Disorders*, 87, 319-325.

Wells, K., Sherbourne, C., Schoenbaum, M., Ettner, S., Duan, N., Miranda, J. et al. (2004) Five-year impact of quality improvement for depression: results of a group-level randomized controlled trial. *Archives of General Psychiatry*, 61, 378-386.

Wells, K.B., Schoenbaum, M., Unutzer, J., Lagomastino, I.T. & Rubenstein, L.V. (1999) Quality of care for primary care patients with depression in managed care. *Archives of Family Medicine*, 8, 529-536.

Miranda, J., Duan, N., Sherbourne, C., Schoenbaum, M., Lagomasino, I., Jackson-Triche, M. et al. (2003) Improving care for minorities: can quality improvement interventions improve care and outcomes for depressed minorities? Results of a randomized, controlled trial. *Health Services Research*, 38, 613-630.

Miranda, J., Schoenbaum, M., Sherbourne, C., Duan, N., & Wells, K. (2004) Effects of primary care depression treatment on minority patients' clinical status and employment. *Archives of General Psychiatry*, 61, 827-834.

Masaquel, A., Wells, K., & Ettner, S. L. (2007) How does the persistence of depression influence the continuity and type of health insurance and coverage limits on mental health therapy? *The Journal of Mental Health Policy & Economics*, 10, 133-144.

Wells, K. B., Sherbourne, C. D., Miranda, J., Tang, L., Benjamin, B., & Duan, N. (2007) The cumulative effects of quality improvement for depression on outcome disparities over 9 years: results from a randomized, controlled group-level trial. *Medical Care*, 45, 1052-1059.

#### **T.1.1.2 Collaborative care relapse prevention**

##### **KATON2001old** (Published Data Only)

Ludman, E., Katon, W., Bush, T., Rutter, C., Lin, E., Simon, G., Von Korff, M. & Walker, E. (2003) Behavioural factors associated with symptom outcomes in a primary care-based depression prevention intervention trial. *Psychological Medicine*, 33, 1061-1070.

Ludman, E., Von Korff, M., Katon, W., Lin, E., Simon, G., Walker, E., Unutzer, J., Bush, T. & Wahab, S. (2000) The design, implementation, and acceptance of a primary care-based intervention to prevent depression relapse. *International Journal of Psychiatry in Medicine*, 30 (3), 229-245.

\*Katon, W., Rutter, C., Ludman, E. J., Von, K., Lin, E., Simon, G. et al. (2001). A randomized trial of relapse prevention of depression in primary care. *Archives of General Psychiatry*., 58, 241-247.

#### **T.1.1.3 Medication management**

##### **ADLER2004** (Published Data Only)

Adler, D. A., Bungay, K. M., Wilson, I. B., Pei, Y., Supran, S., Peckham, E. et al. (2004) The impact of a pharmacist intervention on 6-month outcomes in depressed primary care patients. *General Hospital Psychiatry*, 26, 199-209.

**CROCKETT2006** (Published Data Only)

Crockett, J., Taylor, S., Grabham, A., & Stanford, P. (2006) Patient outcomes following an intervention involving community pharmacists in the management of depression. *Australian Journal of Rural Health*, 14, 263-269.

**PEVELER1999** (Published Data Only)

Peveler, R., George, C., Kinmouth, A.L., Campbell, M. & Thompson, C. (1999) Effect of antidepressant drug counselling and information leaflets on adherence to drug treatment in primary care: randomised controlled trial. *British Medical Journal*, 319, 612-615.

**RICKLES2005** (Published Data Only)

Rickles, N. M., Svarstad, B. L., Statz-Paynter, J. L., Taylor, L. V., & Kobak, K. A. (2005) Pharmacist telemonitoring of antidepressant use: Effects on pharmacist-patient collaboration. *Journal of the American Pharmacists Association*, 45, 344-353.

**WILKINSON1993** (Published Data Only)

Wilkinson, G., Allen, P., Marshall, E., Walker, J., Browne, W. & Mann, A.H. (1993) The role of the practice nurse in the management of depression in general practice: treatment adherence to antidepressant medication. *Psychological Medicine*, 23, 229-237.

## **T.1.2 Psychological and psychosocial interventions**

### **T.1.2.1 Computerised cognitive behavioural therapy (CCBT)**

**ANDERSSON2005A** (Published Data Only)

Berstrom, J., Hollandare, F., Carlbring, P., Kaldo-Sandstrom, V., Ekselius, L., & Andersson, G. (2003) Treatment of depression via the internet: A randomized trial of a self-help programme. *Journal of Telemedicine and Telecare*, 9, S2: 85.

Andersson, G., Bergstrom, J., Hollandare, F., Ekselius, L., & Carlbring, P. (2004) Delivering cognitive behavioural therapy for mild to moderate depression via the internet: Predicting outcome at 6-month follow-up. *Verhaltenstherapie*, 14, 185-189.

\*Andersson, G., Bergstrom, J., Hollandare, F., Carlbring, P., Kaldo, V., & Ekselius, L. (2005) Internet-based self-help for depression: randomised controlled trial. *British Journal of Psychiatry*, 187, 456-461.

**CHRISTENSEN2004A** (Published Data Only)

Christensen, H., Leach, L. S., Barney, L., Mackinnon, A. J., & Griffiths, K. M. (2006) The effect of web based depression interventions on self reported help seeking: randomised controlled trial. *BMC Psychiatry*, 6, 13.

Christensen, H., Griffiths, K. M., Mackinnon, A. J., & Brittliffe, K. (2006) Online randomized controlled trial of brief and full cognitive behaviour therapy for depression. *Psychological Medicine*, 36, 1737-1746.

Mackinnon, A., Griffiths, K. M., & Christensen, H. (2008) Comparative randomised trial of online cognitive-behavioural therapy and an information website for depression: 12-Month outcomes. *British Journal of Psychiatry*, 192, 130-134.

Christensen, H., Griffiths, K., Groves, C., & Korten, A. (2006) Free range users and one hit wonders: community users of an Internet-based cognitive behaviour therapy program. *Australian & New Zealand Journal of Psychiatry*, 40, 59-62.

Griffiths, K. M., Christensen, H., Jorm, A. F., Evans, K., & Groves, C. (2004) Effect of web-based depression literacy and cognitive-behavioural therapy interventions on stigmatising attitudes to depression: randomised controlled trial. *British Journal of Psychiatry*, 185, 342-349.

Christensen, H., Griffiths, K. M., Korten, A. E., Brittliffe, K., & Groves, C. (2004) A comparison of changes in anxiety and depression symptoms of spontaneous users and trial participants of a cognitive behavior therapy website. *Journal of Medical Internet Research*, 6, e46.

\*Christensen, H., Griffiths, K. M., & Jorm, A. F. (2004) Delivering interventions for depression by using the internet: randomised controlled trial. *British Medical Journal*, 328, 265.

#### **CLARKE2002** (Published Data Only)

Clarke, G., Reid, E., Eubanks, D., O'Connor, E., DeBar, L. L., Kelleher, C. et al. (2002) Overcoming Depression on the Internet (ODIN): A randomized controlled trial of an internet depression skills intervention program. *Journal of Medical Internet Research*, 4, e14.

#### **CLARKE2005** (Published Data Only)

Clarke, G., Eubanks, D., Reid, E., Kelleher, C., O'Connor, E., DeBar, L. L. et al. (2005) Overcoming depression on the internet (ODIN) (2): A randomized trial of a self-help depression skills program with reminders. *Journal of Medical Internet Research*, 7, e16.

#### **PROUDFOOT2004A** (Unpublished and Published Data)

Proudfoot, J., Goldberg, D., Mann, A., Everitt, B., Marks, I., & Gray, J. A. (2003) Computerized, interactive, multimedia cognitive-behavioural program for anxiety and depression in general practice. *Psychological Medicine*, 33, 217-227.

\*Proudfoot, J., Ryden, C., Everitt, B., Shapiro, D. A., Goldberg, D., Mann, A. et al. (2004) Clinical efficacy of computerised cognitive-behavioural therapy for anxiety and depression in primary care: randomised controlled trial. *British Journal of Psychiatry*, 185, 46-54.

#### **Selmi1990** (Published Data Only)

Selmi, P.M., Klein, M.H., Greist, J.H., Sorrell, S.P., Erdman, H.P. (1990) Computer-administered cognitive behavioral therapy for depression. *American Journal of Psychiatry*, 147(1), 51-56.

#### **SPEK2007** (Published Data Only)

Spek, V., Nyklicek, I., Cuijpers, P., & Pop, V. (2008) Predictors of outcome of group and internet-based cognitive behavior therapy. *Journal of Affective Disorders*, 105, 137-145.

Spek, V., Cuijpers, P., Nyklicek, I., Smits, N., Riper, H., Keyzer, J. & Pop, V. (2008) One-year follow-up results of a randomized controlled clinical trial on internet-based cognitive behavioural therapy for subthreshold depression in people over 50 years. *Psychological Medicine*, 38, 635-639.

\*Spek, V., Nyklicek, I., Smits, N., Cuijpers, P., Riper, H., Keyzer, J. et al. (2007) Internet-based cognitive behavioural therapy for subthreshold depression in people over 50 years old: A randomized controlled clinical trial. *Psychological Medicine*, 37, 1797-1806.

### T.1.1.2.2 Guided self-help 2004

#### **BROWN2004** (Unpublished and Published Data)

Brown, J. S., Elliott, S. A., Boardman, J., Ferns, J., & Morrison, J. (2004) Meeting the unmet need for depression services with psycho-educational self-confidence workshops: preliminary report. *British Journal of Psychiatry*, 185, 511-515.

#### **FLOYD2004** (Published Data Only)

Floyd, M., Rohen, N., Shackelford, J. A., Hubbard, K. L., Parnell, M. B., Scogin, F. et al. (2006) Two-year follow-up of bibliotherapy and individual cognitive therapy for depressed older adults. *Behavior Modification*, 30, 281-294.

Floyd, M., Scogin, F., McKendree-Smith, N. L., Floyd, D. L. & Rokke, P. D. (2004) Cognitive Therapy for depression: A comparison of individual psychotherapy and bibliotherapy for depressed older adults. *Behavior Modification*, 28, 297-318.

#### **GEISNER2006** (Published Data Only)

Geisner, I. M., Neighbors, C., & Larimer, M. E. (2006) A randomized clinical trial of a brief, mailed intervention for symptoms of depression. *Journal of Consulting & Clinical Psychology*, 74, 393-399.

#### **HANSSON2008** (Published Data Only)

Hansson, M., Bodlund, O., Chotai, J. (2008) Patient education and group counselling to improve the treatment of depression in primary care: a randomized controlled trial. *Journal of Affective Disorders*, 105, 235-240.

#### **LOVELL2008** (Published Data Only)

Lovell, K., Bower, P., Richards, D., Barkham, M., Sibbald, B., Roberts, C., Davies, L., Rogers, A., Gellatly, J., Hennessy, S. (2008) Developing guided self-help for depression using the Medical Research Council complex interventions framework: a description of the modelling phase and results of an exploratory randomised controlled trial. *BMC Psychiatry*, 8, 91-110.

#### **SALKOVSKIS2006** (Published Data Only)

Salkovskis, P., Rimes, K., Stephenson, D., Sacks, G., & Scott, J. (2006) A randomized controlled trial of the use of self-help materials in addition to standard general practice treatment of depression compared to standard treatment alone. *Psychological Medicine*, 36, 325-333.

#### **STICE2007** (Published Data Only)

Stice, E., Burton, E., Bearman, S.K., Rohde, P. (2007) Randomized trial of a brief depression prevention program: an elusive search for a psychosocial placebo control condition. *Behaviour Research & Therapy*, 45, 863-876.

#### **WILLEMSE2004** (Published Data Only)

Willemse, G. R., Smit, F., Cuijpers, P., & Tiemens, B. G. (2004) Minimal-contact psychotherapy for sub-threshold depression in primary care. Randomised trial. *British Journal of Psychiatry*, 185, 416-421.

#### **WILLIAMS2008** (Published Data Only)

Williams, C., Wilson, P., Walker, A., Wallace, I., Morrison, J., Whitfield, G. et al. (2008) An evaluation of the effectiveness of structured cognitive behaviour therapy self-help materials delivered by a self-help support worker within primary care.

### **T.1.2.3 Physical activity programmes**

#### **BERLIN2003** (Published Data Only)

Berlin, B., Moul, D. E., LePage, J. P., Mogge, N. L., & Sellers, D. G. J. (2003) The effect of aquatic therapy interventions on patients with depression: a comparison study. *Annual in Therapeutic Recreation*, 12, 7-13.

#### **BLUMENTHAL2007** (Published Data Only)

Blumenthal, J. A., Babyak, M. A., Doraiswamy, P. M., Watkins, L., Hoffman, B. M., Barbour, K. A. et al. (2007) Exercise and pharmacotherapy in the treatment of major depressive disorder. *Psychosomatic Medicine*, 69, 587-596.

#### **BROWN2001** (Published Data Only)

Brown, M. A., Goldstein-Shirley, J., Robinson, J., & Casey, S. (2001) The effects of a multi-modal intervention trial of light, exercise, and vitamins on women's mood. *Women & Health*, 34, 93-112.

#### **BUTLER2008** (Published Data Only)

Butler, L.D., Waelde, L.C. Andrew, T. et al. (2008) Meditation with yoga, group therapy with hypnosis, and psychoeducation for long-term depressed mood: a randomized pilot trial. *Journal of Clinical Psychology*, 64, 806-820.

#### **DUNN2005** (Published Data Only)

\*Dunn, A. L., Trivedi, M. H., Kampert, J. B., Clark, C. G., & Chambless, H. O. (2002) The DOSE study: a clinical trial to examine efficacy and dose response of exercise as treatment for depression. *Controlled Clinical Trials*, 23, 584-603.

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#### **HABOUSH2006** (Published Data Only)

Haboush, A., Floyd, M., Caron, J., LaSota, M., & Alvarez, K. (2006) Ballroom dance lessons for geriatric depression: An exploratory study. *Arts in Psychotherapy*, 33, 89-97.

#### **HOFFMAN2008** (Published Data Only)

Hoffman, B.M., Blumenthal, J.A., Babyak, M.A. et al. (2008) Exercise fails to improve neurocognition in depressed middle-aged and older adults. *Medicine and Science in Sports and Exercise*, 40, 1344-1352.

#### **KNUBBEN2007** (Published Data Only)

Knubben, K., Reischies, F. M., Adli, M., Schlattmann, P., Bauer, M., & Dimeo, F. (2007) A randomised, controlled study on the effects of a short-term endurance training programme in patients with major depression. *British Journal of Sports Medicine*, 41, 29-33.

#### **MATHER2002** (Published Data Only)

Mather, A. S., Rodriguez, C., Guthrie, M. F., McHarg, A. M., Reid, I. C., & McMurdo, M. E. (2002) Effects of exercise on depressive symptoms in older adults with poorly responsive depressive disorder: randomised controlled trial. *British Journal of Psychiatry*, 180, 411-415.

**PASSMORE2006** (Published Data Only)

Passmore, T. & Lane, S. (2006) Exercise as treatment for depression: a therapeutic recreation intervention. *American Journal of Recreation Therapy*, 5, 31-41.

**PILU2007** (Published Data Only)

Pilu, A., Sorba, M., Hardoy, M. C., Floris, A. L., Mannu, F., Seruis, M. L., et al. (2007) Efficacy of physical activity in the adjunctive treatment of major depressive disorders: Preliminary results. *Clinical Practice and Epidemiology in Mental Health*, 3, 8.

**SIMS2006** (Published Data Only)

Sims, J., Hill, K., Davidson, S., Gunn, J., & Huang, N. (2006) Exploring the feasibility of a community-based strength training program for older people with depressive symptoms and its impact on depressive symptoms. *BMC Geriatrics*, 6, 18.

**SINGH1997A** (Published Data Only)

Singh, N. A., Clements, K. M., & Fiatarone, M. A. (1997) A randomized controlled trial of the effect of exercise on sleep. *Sleep*, 20, 95-101.

**SINGH2005D** (Published Data Only)

Singh, N. A., Stavrinos, T. M., Scarbek, Y., Galambos, G., Liber, C., & Fiatarone, S. (2005) A randomized controlled trial of high versus low intensity weight training versus general practitioner care for clinical depression in older adults. *Journals of Gerontology Series A-Biological Sciences & Medical Sciences*, 60, 768-776.

**TSANG2006** (Published Data Only)

Tsang, H. W., Fung, K. M., Chan, A. S., Lee, G., & Chan, F. (2006) Effect of a qigong exercise programme on elderly with depression. *International Journal of Geriatric Psychiatry*, 21, 890-897.

**T.1.2.4 Cognitive behavioural studies**

**BAGBY2008** (Published Data Only)

Bagby, R.M., Quily, L.C., Segal, Z.V., McBride, C.C., Kennedy, S.H., & Costa, PT. (2008) Personality and differential treatment response in major depression: A randomized controlled trial comparing cognitive-behavioural therapy and pharmacotherapy. *The Canadian Journal of Psychiatry*, 53, 361-370.

**DAVID2008** (Published Data Only)

Sava, F.A., Yates, B.T., Lupu, V., Szentagotai, A., & David, D. (2009) Cost-effectiveness and cost-utility of cognitive therapy, rational emotive behavioural therapy, and fluoxetine (Prozac) in treating depression: A randomized clinical trial. *Journal of Clinical Psychology*, 65, 36-52.

David, D., Szentagoti, A., Lupu, V., & Cosman, D. (2008) Rational emotive behaviour therapy, cognitive therapy, and medication in the treatment of major depressive disorder: A randomised clinical trial, posttreatment outcomes, and six-month follow-up. *Journal of Clinical Psychology*, 64, 728-746.

**DERUBEIS2005** (Published Data Only)

DeRubeis, R.J., Hollon, S.D., Amsterdam, J.D., et al. (2005) Cognitive therapy vs medications in the treatment of moderate to severe depression. *Archives of General Psychiatry*, 62, 409-416.

**DIMIDJIAN2006** (Published Data Only)

\*Secondary reference

Dobson, K.S., Hollon, S.D., Dimidjian, S., et al. (2008) Randomized trial of behavioural activation, cognitive therapy, and antidepressant medication in the prevention of relapse and recurrence in major depression. *Journal of Consulting and Clinical Psychology*, 76 (3), 468-477.

Dimidjian, S., Hollon, S.D., Dobson, K.S., Schmaling, K.B., et al. (2006) Randomized trial of behavioural activation, cognitive therapy, and antidepressant medication in the acute treatment of adults with major depression. *Journal of Consulting and Clinical Psychology*, 74 (4), 658-670.\*

**JACOBSON1996** (Published Data Only)

Jacobson, N.S., Dobson, K.S., Truax, P.A., et al. (1996) A component analysis of cognitive-behavioural treatment for depression. *Journal of Consulting and Clinical Psychology*, 64 (2), 295-304.

**LUTY2007** (Published Data Only)

\*Secondary reference

Joyce, P.R., McKenzie, J.M., Carter, J.D., et al. (2007) Temperament, character and personality disorders as predictors of response to interpersonal psychotherapy and cognitive-behavioural therapy for depression. *British Journal of Psychiatry*, 190, 503-508.

Luty, S.E., Carter, J.D., McKenzie, J.M., et al. (2007). Randomised controlled trial of interpersonal psychotherapy and cognitive-behavioural therapy for depression. *British Journal of Psychiatry*, 190, 496-502.

**MANBER2008** (Published Data Only)

Manber, R., Edinger, J.D., Gress, J.L., San Pedro-Salcedo, M.G., Kuo, T.F., Kalista, T. (2008) Cognitive behavioural therapy for insomnia enhances depression outcome in patients with comorbid major depressive disorder and insomnia. *Sleep*, 31 (4), 489-495.

**MARSHALL2008** (Published Data Only)

Marshall, M.B., Zuroff, D.C., McBride, C., & Bagby, R.M. (2008) Self-criticism predicts differential response to treatment for major depression. *Journal of Clinical Psychology*, 64 (3), 231-244.

**Cognitive behavioural therapies versus therapies designed for depression**

**ALLARTVANDAM2003** (Published Data Only)

Allart-Van Dam, E., Hosman, C. M., Hoogduin, C. A., & Schaap, C. P. (2007) Prevention of depression in subclinically depressed adults: follow-up effects on the 'Coping with Depression' course. *Journal of Affective Disorders*, 97, 219-228.

Allart-Van Dam, E., Hosman, C. M. H., Hoogduin, C. A. L., & Schaap, C. P. D. R. (2003) The Coping with Depression course: Short-term outcomes and mediating effects of a randomized controlled trial in the treatment of subclinical depression. *Behavior Therapy*, 34, 381-396.

**CONSTANTINO2008** (Published Data Only)



Constantino, M.J., Marnell, M.E., Haile, A.J., et al. (2008) Integrative cognitive therapy for depression: A randomized pilot comparison. *Psychotherapy: Theory, Research, Practice, Training*, 45 (2), 122-134.

**DALGARD2006** (Published Data Only)

Dalgard, O. S. (2002) An educational programme for coping with depression: a randomised controlled trial. *Tidsskrift for den Norske Laegeforening*, 124, 3043-3046.

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\*Dalgard, O. S. (2006) A randomised controlled trial of a psychoeducational group program for unipolar depression in adults in Norway (NCT00319540). *Clinical Practice and Epidemiology in Mental Health*, 2, 15.

**HARINGSMA2006A** (Published Data Only)

Haringsma, R., Engels, G. I., Cuijpers, P., & Spinhoven, P. (2006) Effectiveness of the Coping With Depression (CWD) course for older adults provided by the community-based mental health care system in the Netherlands: a randomized controlled field trial. *International Psychogeriatrics*, 18, 307-325.

**WONG2008** (Published Data Only)

\*Secondary reference

Wong, D.F.U. (2008) Cognitive and health-related outcomes of group cognitive behavioural treatment for people with depressive symptoms in Hong Kong: Randomized wait-list control study. *Australian and New Zealand Journal of Psychiatry*, 42, 702-711.

Wong, D.F.K. (2008) Cognitive behavioural treatment groups for people with chronic depression in Hong Kong: A randomized wait-list control design. *Depression and Anxiety*, 25, 142-148.

**Group cognitive behavioural therapies - new studies in the 2009 guideline update**

**ALLARTVANDAM2003** (Published Data Only)

Allart-Van Dam, E., Hosman, C. M., Hoogduin, C. A., & Schaap, C. P. (2007) Prevention of depression in subclinically depressed adults: follow-up effects on the 'Coping with Depression' course. *Journal of Affective Disorders*, 97, 219-228.

Allart-Van Dam, E., Hosman, C. M. H., Hoogduin, C. A. L., & Schaap, C. P. D. R. (2003) The Coping with Depression course: Short-term outcomes and mediating effects of a randomized controlled trial in the treatment of subclinical depression. *Behavior Therapy*, 34, 381-396.

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**HARINGSMA2006A** (Published Data Only)

Haringsma, R., Engels, G. I., Cuijpers, P., & Spinhoven, P. (2006) Effectiveness of the Coping With Depression (CWD) course for older adults provided by the community-based mental health care system in the Netherlands: a randomized controlled field trial. *International Psychogeriatrics*, 18, 307-325.

**WONG2008** (Published Data Only)

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Wong, D.F.K. (2008) Cognitive behavioural treatment groups for people with chronic depression in Hong Kong: A randomized wait-list control design. *Depression and Anxiety*, 25, 142-148.

**Cognitive behavioural therapies - elderly**

**LIDLAW2008** (Published Data Only)

Laidlaw, K., Davidson, K., Toner, H., et al (2008) A randomised controlled trial of cognitive behaviour therapy vs treatment as usual in the treatment of mild to moderate late life depression. *International Journal of Geriatric Psychiatry*, 23, 843-850.

**Cognitive behavioural therapies - relapse prevention**

**BOCKTING2005** (Published Data Only)

Bockting, C.L.H., Schene, A.H., et al. (2005) Preventing relapse/recurrence in recurrent depression with cognitive therapy: A randomized controlled trial. *Journal of Consulting and Clinical Psychology*, 73 (4), 647-657.

**FAVA1998** (Published Data Only)

Fava, G.A., Ruini, C., Rafanelli, C., Finos, L., Conti, S., Grandi, S. (2004) Six-year outcome of cognitive behaviour therapy for prevention of recurrent depression. *American Journal of Psychiatry*, 161, 1872-1876.

\*Fava, G.A., Rafanelli, C., Grandi, S., Conti, S., & Belluardo, P. (1998) Prevention of recurrent depression with cognitive behavioural therapy. *Archives of General Psychiatry*, 55, 816-820.

**HOLLON2005** (Published Data Only)

Hollon, S.D., DeRubeis, R.J., Shelton, R.C., et al. (2005) Prevention of relapse following cognitive therapy vs medications in moderate to severe depression. *Archives of General Psychiatry*, 62, 417-422.

**PAYKEL2005** (Published Data Only)

Paykel, E.S., Scott, J., Cornwall, P.L., et al. (2005) Duration of relapse prevention after cognitive therapy in residual depression: follow-up of controlled trial. *Psychological Medicine*, 35, 59-68.

**PERLIS2002** (Published Data Only)

Perlis, R.H., Nierenberg, A.A., Alpert, J.E., et al. (2002) Effects of adding cognitive therapy to fluoxetine dose increase on risk of relapse and residual depressive symptoms in continuation treatment of major depressive disorder. *Journal of Clinical Psychopharmacology*, 22 (5), 474-480.

### **Cognitive behavioural therapies - mindfulness - relapse prevention**

#### **CRANE2008** (Published Data Only)

Crane, C., Barnhofer, T., Duggan, D.S., Hepburn, S., Fennell, M.V., & Williams, J.M.G. (2008) Mindfulness-based cognitive therapy and self-discrepancy in recovered depressed patients with a history of depression and suicidality. *Cognitive Therapy Research*, 32, 775-787.

#### **KUYKEN2008** (Published Data Only)

Kuyken, W., Byford, S., Taylor, R.S., et al. (2008) Mindfulness-based cognitive therapy to prevent relapse in recurrent depression. *Journal of Consulting and Clinical Psychology*, 76 (6), 966-978.

#### **MA2004** (Published Data Only)

Ma, S.H., & Teasdale, J.D. (2004) Mindfulness-based cognitive therapy for depression: Replication and exploration of differential relapse prevention effects. *Journal of Consulting and Clinical Psychology*, 72 (1), 31-40.

### **Group cognitive behavioural therapies - relapse prevention - elderly**

#### **WILKINSON2009** (Published Data Only)

Wilkinson, P., Alder, N., Juszczak, E., et al. (2009) A pilot randomised controlled trial of a brief cognitive behavioural group intervention to reduce recurrence rates in late life depression. *International Journal of Geriatric Psychiatry*, 24, 68-75.

### **T.1.2.5 Behaviour therapy (BT)/ behavioural activation**

#### **DIMIDJIAN2006** (Published Data Only)

Dobson, K.S., Hollon, S.D., Dimidjian, S., et al. (2008) Randomized trial of behavioural activation, cognitive therapy, and antidepressant medication in the prevention of relapse and recurrence in major depression. *Journal of Consulting and Clinical Psychology*, 76 (3), 468-477.

\*Dimidjian, S., Hollon, S.D., Dobson, K.S., Schmalting, K.B., et al. (2006) Randomized trial of behavioural activation, cognitive therapy, and antidepressant medication in the acute treatment of adults with major depression. *Journal of Consulting and Clinical Psychology*, 74 (4), 658-670.

#### **HOPKO2003** (Published Data Only)

Hopko, D.R., Lejuez, C.W., LePage, J.P., Hopko, S.D., & McNeil, D.W. (2003) A brief behavioural activation treatment for depression. *Behaviour Modification*, 27 (4), 458-469.

#### **JACOBSON1996** (Published Data Only)

Jacobson, N.S., Dobson, K.S., Truax, P.A., et al. (1996) A component analysis of cognitive-behavioural treatment for depression. *Journal of Consulting and Clinical Psychology*, 64 (2), 295-304.

### **Rational emotive behavioural therapy - new studies in the 2009 guideline update**

#### **DAVID2008** (Published Data Only)

Sava, F.A., Yates, B.T., Lupu, V., Szentagotai, A., & David, D. (2009) Cost-effectiveness and cost-utility of cognitive therapy, rational emotive behavioural therapy, and fluoxetine (Prozac) in treating depression: A randomized clinical trial. *Journal of Clinical Psychology*, 65, 36-52.

\*David, D., Szentagoti, A., Lupu, V., & Cosman, D. (2008) Rational emotive behaviour therapy, cognitive therapy, and medication in the treatment of major depressive disorder: A randomised clinical trial, posttreatment outcomes, and six-month follow-up. *Journal of Clinical Psychology*, 64, 728-746.

#### **T.1.2.6 Couples therapy**

##### **BODENMANN2008** (Published Data Only)

Bodenmann, G., Plancherel, B., Beach, S.R., et al. (2008) Effects of coping-oriented couples therapy on depression: A randomized clinical trial. *Journal of Consulting and Clinical Psychology*, 76, (6), 944-954.

##### **JACOBSON1993** (Published Data Only)

Jacobson, N.S., Fruzzetti, A.E., Dobson, K., Whisman, M., & Hops, H. (1993) Couple therapy as a treatment for depression: II. The effects of relationship quality and therapy on depressive relapse. *Journal of Consulting and Clinical Psychology*, 61 (3), 516-519.

#### **T.1.2.7 Interpersonal therapy (IPT)**

##### **BLOM2007** (Published Data Only)

Blom, M.B.J., Jonker, K., Dusseldorp, E. et al., (2007) Combination treatment for acute depression is superior only when psychotherapy is added to medication. *Psychotherapy and Psychosomatics*, 76, 289-297.

##### **LUTY2007** (Published Data Only)

Joyce, P.R., McKenzie, J.M., Carter, J.D., et al. (2007) Temperament, character and personality disorders as predictors of response to interpersonal psychotherapy and cognitive-behavioural therapy for depression. *British Journal of Psychiatry*, 190, 503-508.

\*Luty, S.E., Carter, J.D., McKenzie, J.M., et al. (2007) Randomised controlled trial of interpersonal psychotherapy and cognitive-behavioural therapy for depression. *British Journal of Psychiatry*, 190, 496-502.

##### **MARSHALL2008** (Published Data Only)

Marshall, M.B., Zuroff, D.C., McBride, C., & Bagby, R.M. (2008) Self-criticism predicts differential response to treatment for major depression. *Journal of Clinical Psychology*, 64 (3), 231-244.

##### **SCHRAMM2007** (Published Data Only)

Schramm, E., Schneider, D., Zobel, I., et al. (2008) Efficacy of interpersonal psychotherapy plus pharmacotherapy in chronically depressed inpatients. *Journal of Affective Disorders*, 109, 65-73.

Schramm, E., Van Calker, D., Dykieriek, P., Lieb, K., et al. (2007) An intensive treatment program of interpersonal psychotherapy plus pharmacotherapy for depressed inpatients: Acute and long-term results. *American Journal of Psychiatry*, 164 (5), 768-777.

##### **SWARTZ2008** (Published Data Only)

Swartz, H.A., Frank, E., Zuckoff, A., et al. (2008) Brief interpersonal psychotherapy for depressed mothers whose children are receiving psychiatric treatment. *American Journal of Psychiatry*, 165 (9), 1155-1162.

### **Interpersonal therapy - elderly - maintenance**

#### **REYNOLDS2006** (Published Data Only)

Reynolds, C.F., Dew, M.A., Pollock, B.G., et al. (2006) Maintenance treatment of major depression in old age. *The New England Journal of Medicine*, 354, 1130-1138.

### **Interpersonal therapy - elderly**

#### **VAN SCHAIK2006** (Published Data Only)

Van Schaik, A., van Marwijk, H., Ader, H., et al. (2006) Interpersonal psychotherapy for elderly patients in primary care. *American Journal of Geriatric Psychiatry*, 14 (9), 777-786.

## **T.1.2.8 Counselling**

#### **GOLDMAN2006** (Published Data Only)

Goldman, R.N., Greenberg, L.S. & Angus, L. (2006) The effects of adding emotion-focused interventions to the client-centered relationship conditions in the treatment of depression. *Psychotherapy Research*, 16, 537-549.

#### **GREENBERG1998** (Published Data Only)

Greenberg, L.S. (1998) Experiential therapy of depression: differential effects of client-centred relationship conditions and process experiential interventions. *Psychotherapy Research*, 8, 210-224.

#### **WATSON2003** (Published Data Only)

Watson, J.C., Gordon, L.B., Stermac, L., Kalogerakos, F., & Steckley, P. (2003) Comparing the effectiveness of process-experiential with cognitive-behavioural psychotherapy in the treatment of depression. *Journal of Consulting and Clinical Psychology*, 71 (4), 773-781.

## **T.1.2.9 Short-term psychodynamic psychotherapy**

#### **DEJONGHE2004** (Published Data Only)

De Jonghe, F., Hendriksen, M., van Aalst, G., et al. (2004) Psychotherapy alone and combined with pharmacotherapy in the treatment of depression. *British Journal of Psychiatry*, 185, 37-45.

#### **DEKKER2008** (Published Data Only)

Dekker, J.J.M., Koelen, J.A., Van, H.L., et al. (2008) Speed of action: The relative efficacy of short psychodynamic supportive psychotherapy and pharmacotherapy in the first 8 weeks of a treatment algorithm for depression. *Journal of Affective Disorders*, 109, 183-188.

#### **KOOL2003** (Published Data Only)

Kool, S., Dekker, J., Duijsens, I.J., de Jonghe, F., & Puite, B. (2003) Efficacy of combined therapy and pharmacotherapy for depressed patients with or without personality disorders. *Harvard Review of Psychiatry*, 11(3), 133-141.

#### **MAINA2005** (Published Data Only)

Mania, G., Forner, F., Bogetto, F. (2005) Randomized controlled trial comparing brief dynamic and supportive therapy with waiting list condition in minor depressive disorders. *Psychotherapy and Psychosomatics*, 74, 43-50.

**SALMINEN2008** (Published Data Only)

Salminen, J.K., Karlsson, H., Hietala, J., et al. (2008) Short-term psychodynamic psychotherapy and fluoxetine in major depressive disorder: A randomized comparative study. *Psychotherapy and Psychosomatics*, 77, 351-357.

**Short-term psychodynamic psychotherapy - relapse prevention - new studies in the guideline update**

**MAINA2008** (Unpublished Data Only)

Maina, G., Rosso, G., & Bogetto, F. (2008) Brief dynamic therapy combined with pharmacotherapy in the treatment of major depressive disorder: Long-term results. *Journal of Affective Disorders* (in press).

**T.1.3 Pharmacological and physical interventions**

**TCAs versus placebo**

**AMSTERDAM2003A** (Published Data Only)

Amsterdam, J. D., Case, W. G., Csanalosi, E., Singer, M., & Rickels, K. (1986). A double-blind comparative trial of zimelidine, amitriptyline, and placebo in patients with mixed anxiety and depression. *Pharmacopsychiatry*, 19, 115-119.

**BAKISH1992B** (Published Data Only)

Bakish, D., Wiens, A., Ellis, J., Alda, M., & Lapierre, Y. (1992). A double-blind placebo-controlled comparison of moclobemide and amitriptyline in the treatment of depression. *Canadian Journal of Psychiatry - Revue Canadienne de Psychiatrie*, 37 (Suppl. 1), 12-17.

**BAKISH1992C** (Published Data Only)

Bakish, D., Bradwejn, J., Nair, N., McClure, J., Remick, R., & Bulger, L. (1992). A comparison of moclobemide, amitriptyline and placebo in depression: a Canadian multicentre study. *Psychopharmacology*, 106 (Suppl. 1), S98-S101.

**BARGESCHAAPVELD2002** (Published Data Only)

Barge-Schaapveld, D. Q. & Nicolson, N. A. (2002). Effects of antidepressant treatment on the quality of daily life: an experience sampling study. *Journal of Clinical Psychiatry*, 63, 477-485.

**BEASLEY1991B** (Published Data Only)

Beasley, C. M. J., Saylor, M. E., Bosomworth, J. C., & Wernicke, J. F. (1991). High-dose fluoxetine: efficacy and activating-sedating effects in agitated and retarded depression. *Journal of Clinical Psychopharmacology*, 11, 166-174.

**BOYER1996A** (Published Data Only)

Boyer, P., & Lecrubier, Y. (1996). Atypical antipsychotic drugs in dysthymia: placebo controlled studies of amisupride versus imipramine, versus amineptine. *European Psychiatry*, 11 (Suppl. 3), S135-S140.

**BREMNER1995** (Published Data Only)

Bremner, J. D. (1995). A double-blind comparison of Org 3770, amitriptyline, and placebo in major depression. *Journal of Clinical Psychiatry*, 56, 519-525.

**BYERLEY1988** (Published Data Only)

Byerley, W. F., Reimherr, F. W., Wood, D. R., & Grosser, B. I. (1988). Fluoxetine, a selective serotonin uptake inhibitor, for the treatment of outpatients with major depression. *Journal of Clinical Psychopharmacology*, 8, 112-115.

**CASSANO1986** (Published Data Only)

Cassano, G. B., Conti, L., Massimetti, G., Mengali, F., Waekelin, J. S., & Levine, J. (1986). Use of a standardized documentation system (BLIPS/BDP) in the conduct of a multicenter international trial comparing fluvoxamine, imipramine, and placebo. *Psychopharmacology Bulletin*, 22, 52-58.

**CASSANO1996** (Published Data Only)

Cassano, G. B., Heinze, G., Loo, H., Mendlewicz, J., & Paes, D. (1996). A double-blind comparison of tianeptine, imipramine and placebo in the treatment of major depressive episodes. *European Psychiatry: the Journal of the Association of European Psychiatrists*, 11, 254-259.

**CLAGHORN1983** (Published Data Only)

Claghorn, J., Gershon, S., & Goldstein, B. J. (1983). Zimelidine tolerability in comparison to amitriptyline and placebo: Findings from a multicentre trial. *Acta Psychiatrica Scandinavica Supplementum*, 308, 104-114.

**CLAGHORN1983B** (Published Data Only)

Claghorn, J., Gershon, S., Goldstein, B. J., Behrnetz, S., Bush, D. F., & Huitfeldt, B. (1983). A double-blind evaluation of zimelidine in comparison to placebo and amitriptyline in patients with major depressive disorder. *Progress in Neuro-Psychopharmacology & Biological Psychiatry*, 7, 367-382.

**CLAGHORN1996A** (Published Data Only)

Claghorn, J. L., Earl, C. Q., Walczak, D. D., Stoner, K. A., Wong, L. F., Kanter, D. et al. (1996). Fluvoxamine maleate in the treatment of depression: a single-center, double-blind, placebo-controlled comparison with imipramine in outpatients. *Journal of Clinical Psychopharmacology*, 16, 113-120.

**COHN1984** (Published Data Only)

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### **Relapse prevention**

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McGrath, P. J., Stewart, J. W., Quitkin, F. M., Chen, Y., Alpert, J. E., Nierenberg, A. A., et al. (2006). Predictors of relapse in a prospective study of fluoxetine treatment of major depression. *American Journal of Psychiatry*, 163, 1542-1548.

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## **T.1.4 Management of subthreshold depressive symptoms**

### **Psychological and psychosocial interventions**

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Frank, E., Rucci, P., Katon, W., Barrett, J., Williams, J. W. J., Oxman, T., et al. (2002) Correlates of remission in primary care patients treated for minor depression. *General Hospital Psychiatry*, 24, 12-19.

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Williams, J. W. J., Barrett, J., Oxman, T., Frank, E., Katon, W., Sullivan, M., et al. (2000) Treatment of dysthymia and minor depression in primary care: A randomized controlled trial in older adults. *JAMA*, 284, 1519-1526.

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Browne, G., Steiner, M., Roberts, J., Gafni, A., Byrne, C., Dunn, E., et al. (2002) Sertraline and/or interpersonal psychotherapy for patients with dysthymic disorder in primary care: 6-month comparison with longitudinal 2-year follow-up of effectiveness and costs. *Journal of Affective Disorders*, 68, 317-330.

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Hellerstein, D. J., Little, S. A., Samstag, L. W., Batchelder, S., Muran, J. C., Fedak, M., et al. (2001) Adding group psychotherapy to medication treatment in dysthymia: a randomized prospective pilot study. *Journal of Psychotherapy Practice & Research*, 10, 93-103.

#### **MARKOWITZ2005** (Published Data Only)

Markowitz, J. C., Kocsis, J. H., Bleiberg, K. L., Christos, P. J., & Sacks, M. (2005) A comparative trial of psychotherapy and pharmacotherapy for "pure" dysthymic patients. *Journal of Affective Disorders*, 89, 167-175.

#### **RAVINDRAN1999** (Published Data Only)

Ravindran, A.V., Anisman, H., Merali, Z., Charbonneau, Y., Telner, J., Bialik, R.J., Wiens, A., Ellis, J. & Griffiths, J. (1999) Treatment of primary dysthymia with group cognitive therapy and pharmacotherapy: clinical symptoms and functional impairments. *American Journal of Psychiatry*, 156, 1608-1617.

#### **THYME2007** (Published Data Only)

Thyme, K.E., Sundin, E.C., Stahlberg, G., Lindstrom, B., Eklof, H. & Wiberg, B. (2007) The outcome of short-term psychodynamic art therapy compared to short-term psychodynamic verbal therapy for depressed women. *Psychoanalytic Psychotherapy*, 21 (3), 250-264.

## **Pharmacological interventions**

### **AMORE2001** (Published Data Only)

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### **BOYER1999** (Published Data Only)

Boyer, P., Lecrubier, Y., Stalla-Bourdillon, A. & Fleurot, O. (1999) Amisulpride versus amineptine and placebo for the treatment of dysthymia. *Neuropsychobiology*, 39, 25-32.

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Geisler, A., Mygind, S., Riis Knudsen, O. & Sloth-Nielsen, M. (1992) Ritanserin and flupenthixol in dysthymic disorder: a controlled double-blind study in general practice. *Nordic Journal of Psychiatry*, 46, 237-243

**HELLERSTEIN1993** (Published Data Only)

Hellerstein, D.J., Yanowitch, P., Rosenthal, J., Samstang, L.W., Maurer, M., Kasch, K., Burrows, L., Poster, M., Cantillon, M. & Winston, A. (1993) A randomized double-blind study of fluoxetine versus placebo in the treatment of dysthymia. *American Journal of Psychiatry*, 150 (8), 1169-1175.

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Ravindran, A.V., Anisman, H., Merali, Z., Charbonneau, Y., Telner, J., Bialik, R.J., Wiens, A., Ellis, J. & Griffiths, J. (1999) Treatment of primary dysthymia with group cognitive therapy and pharmacotherapy: clinical symptoms and functional impairments. *American Journal of Psychiatry*, 156, 1608-1617.

**RAVINDRAN2000** (Published Data Only)

Ravindran, A.V., Guelfi, J.D., Lane, R.M., Cassano, G.B. (2000) Treatment of dysthymia with sertraline: a double-blind, placebo-controlled trial in dysthymic patients without major depression. *Journal of Clinical Psychiatry*, 61, 821-827

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Ravizza, L. (1999) Amisulpride in medium-term treatment of dysthymia: a six-month, double-blind safety study versus amitriptyline. *Journal of Psychopharmacology*, 13, 248-254.

**ROCCA2005** (Published Data Only)

Rocca, P., Calvarese, P., Faggiano, F., Marchiaro, L., Mathis, F., Rivoira, E., et al. (2005) Citalopram versus sertraline in late-life nonmajor clinically significant depression: a 1-year follow-up clinical trial. *Journal of Clinical Psychiatry*, 66, 360-369.

**SALZMANN1995** (Published Data Only)

Salzmann, E. & Robin, J.L. (1995) Multicentric double-blind study comparing efficacy and safety of minaprine and imipramine in dysthymic disorders. *Neuropsychobiology*, 31, 68-75.

**SMERALDI1996** (Published Data Only)

Smeraldi, E. (1998) Amisulpride versus fluoxetine in patients with dysthymia or major depression in partial remission: a double-blind, comparative study. *Journal of Affective Disorders*, 48, 47-56

\*Smeraldi, E., Haefele, E., Crespi, G., Casadei, G.L., Biondi, F. & Vigorelli, E. (1996) Amisulpride versus fluoxetine in dysthymia: preliminary results of a double-blind comparative study. *European Journal of Psychiatry*, 11 (Suppl 3), 141S-143S.

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Szegedi, A., Wetzel, H., Angerbach, D., Philipp, M. & Benkert, O. (1997) Response to treatment in minor and major depression: results of a double-blind comparative study with paroxetine and maprotiline. *Journal of Affective Disorders*, 45, 167-178.

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Hellerstein, D.J., Kocsis, J.H., Chapman, D., Stewart, J.W. & Harrison, W. (2000) Double-blind comparison of sertraline, imipramine, and placebo in the treatment of dysthymia: effects on personality. *American Journal of Psychiatry*, 157, 1436-1444.

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\*Thase, M.E., Fava, M., Halbreich, U., Kocsis, J.H., Koran, L., Davidson, J., Rosenbaum, J. & Harrison, W. (1996) A placebo-controlled, randomised clinical trial comparing sertraline and imipramine for the treatment of dysthymia. *Archives of General Psychiatry*, 53, 777-784.

### **VALLEJO1987** (Published Data Only)

Vallejo, J., Gasto, C., Catalan, R. & Salamero, M. (1987) Double-blind study of imipramine versus phenelzine in melancholias and dysthymic disorders. *British Journal of Psychiatry*, 151, 639-642.

### **VANELLE1997** (Published Data Only)

Vanelle, J.M., Attar-Levy, D., Poirier, M.F., Bouhassira, M., Blin, P. & Olie, J.P. (1997) Controlled efficacy study of fluoxetine in dysthymia. *British Journal of Psychiatry*, 170, 345-350.

### **VERSIANI1997** (Published Data Only)

Versiani, M., Amrein, R., Stabl, M. & the International Collaborative Study Group (1997) Moclobemide and imipramine in chronic depression (dysthymia): an international double-blind, placebo-controlled trial. *International Clinical Psychopharmacology*, 12, 183-193.

## **Pharmacological interventions - relapse prevention**

### **MILLER2001A** (Published Data Only)

Kocsis, J.H., Friedman, R.A., Markowitz, J.C., Leon, A.C., Miller, N.L., Gniwesch, L. & Parides M. (1996) Maintenance therapy for chronic depression: a controlled clinical trial of desipramine. *Archives of General Psychiatry*, 53, 769-774.

\*Miller, N. L., Kocsis, J. H., Leon, A. C., Portera, L., Dauber, S. & Markowitz, J. C. (2001) Maintenance desipramine for dysthymia: a placebo-controlled study. *Journal of Affective Disorders*, 64, 231-237.

## **T.2 References to studies from the 2004 guideline**

This appendix contains references to the studies from the 2004 guideline, as they appeared in that guideline.

### **T.2.1 Service references**

#### **Araya2003** {published data only}

Araya R, Rojas G, Fritsch R, Gaete J, Rojas M, Simon G, Peters TJ. Treating depression in primary care in low-income women in Santiago, Chile: A randomised controlled trial. *Lancet* 2003;361(9362):995-1000.

#### **Arthur2002** {published data only}

Arthur AJ, Jagger C, Lindsay J, Matthews RJ. Evaluating a mental health assessment for older people with depressive symptoms in general practice: a randomised controlled trial. *British Journal of General Practice* 2002;52(476):202-207.

#### **Austin-Los Angeles**

Austin NK, Liberman RP, King LW, DeRisi WJ. A comparative evaluation of two day hospitals. Goal attainment scaling of behaviour therapy vs. milieu therapy. *Journal of Nervous and Mental Disease* 1976;163:253-62.

#### **Azim-Alberta**

Azim HF, Weiden TD, Ratcliffe WD, Nutter RW, Dyck RJ, Howarth BG. Current utilization of day hospitalization. *Canadian Psychiatric Association Journal* 1978;23:557-66

#### **Baker2001** {published data only}

Baker R, Reddish S, Robertson N, Hearnshaw H, Jones B. Randomised controlled trial of tailored strategies to implement guidelines for the management of patients with depression in general practice. *British Journal of General Practice* 2001;51:737-741.

#### **Barkley-Ontario**

Barkley AL, Fagen K, Lawson JS. Day care: can it prevent readmission to a psychiatric hospital? *Psychiatric Journal of the University of Ottawa* 1989;14:536-41.

#### **Basker-Jerusalem**

Basker E, Turel M. The day hospital: a comparative study of an alternative to full psychiatric hospitalization. *Israel Journal of Psychiatry & Related Sciences* 1986;23:287-96.

#### **Bateman-London-1999**

Bateman A, Fonaghy P. Effectiveness of partial hospitalization in the treatment of borderline personality disorder: a randomized controlled trial. *Am J. of Psychiatry* 1999;156(10):1563-9.

#### **Beigel-New York**

Beigel A, Feder SL. Patterns of utilization in partial hospitalization. *Am. J. Psych.* 1970;126:101-8.

#### **Beutler1991** {published data only}

\*Beutler LE, Engle D, Mohr D, Daldrup RJ, Bergan J, Meredith K, Merry W. Predictors of differential response to cognitive experiential and self-directed psychotherapeutic procedures. *Journal of Consulting and Clinical Psychology* 1991;59:333-340.

Rosner R, Frick U, Beutler LE, Daldrup R. Course of depression in different psychotherapies - An application of hierarchical linear models. *Zeitschrift fur Klinische Psychologie* 1999;28(2):112-20

#### **Blair1998** {published data only}

Blair SN, et al. Activity Counselling Trial (ACT): rationale, design, and methods. *Medicine and Science in Sports and Exercise* 1998;30(7):1097-1106.

#### **Blanchard1995** {published data only}

Blanchard MR, Waterreus A, Mann AH. The effect of primary care nurse intervention upon older people screened as depressed. *Int. Journal of Geriatric Psychiatry* 1995;10(4):289-298.

#### **Blenkiron2001** {published data only}

Blenkiron P. Coping with depression: A pilot study to assess the efficacy of a self-help audio cassette. *British Journal of General Practice* 51(466):366-70, 2001.

### **Boath-Stoke**

Boath E, Cox J, Lewis M, Jones P, Pryce A. When the cradle falls: the treatment of postnatal depression in a psychiatric day hospital compared with routine primary care. *Journal of Affective Disorders* 1999;53(2):143-51

### **Bond - USA**

Bond GR, Miller LD, Krumwied RD, Ward RS. Assertive case management in three CMHCs: a controlled study. *Hospital and Community Psychiatry* 1988;39:411-8.

Bond GR, Witheridge TF, Wasmer D, Dincin J, McRae SA, Mayes J, Ward RS. A comparison of two crisis housing alternatives to psychiatric hospitalization. *Hospital and Community Psychiatry* 1989;40:177-83.

### **Bosscher1993** {published data only}

Bosscher RJ. Running and mixed physical exercises with depressed psychiatric patients. *International Journal of Sport Psychology* 1993;24:170-184.

### **Bowers1993** {published data only}

Bowers W, Stuart S, MacFarlane R. Use of computer-administered cognitive-behavior therapy with depressed patients. *Depression* 1993;1:294-299.

### **Bowman1995** {published data only}

Bowman D, Scogin F, Lyrene B. The efficacy of self-examination therapy & cognitive bibliotherapy in the treatment of mild to moderate depression. *Psychotherapy Research* 1995;5(2):131-140.

### **Bowman-Dublin**

Bowman EP, Shelley RK, Sheehy-Skeffington A, Sinanan K. Day patient versus in-patient: factors determining selection of acutely ill patients for hospital treatment. *Br.J.Psyc.* 1983;42:584-7

### **Bradshaw-Minnesota**

Bradshaw W. Integrating cognitive-behavioral psychotherapy for persons with schizophrenia into a psychiatric rehabilitation program: results of a three year trial. *Community Mental Health Journal* 2000;36(5):491-500.

### **Brook-Denver**

Brook BD. Crisis hostel: an alternative to psychiatric hospitalization for emergency patients. *Hospital & Community Psychiatry* 1973;24:621-4.

### **Brown1984** {published data only}

Brown RA, Lewinsohn PM. A psychoeducational approach to the treatment of depression: Comparison of group, individual, and minimal contact procedures. *Journal of Consulting & Clinical Psychology* 1984;52(5):774-783.

### **Burns - UK**

Burns T, Beadsmoore A, Bhat AV, Oliver A, Mathers C. A controlled trial of home-based acute psychiatric services. I. Clinical and social outcome *British Journal of Psychiatry* 1993;163:49-54.



Burns T, Raftery J. Cost of schizophrenia in a randomized trial of home-based treatment. *Schizophrenia Bulletin* 1991;17:407-10.

Burns T, Raftery J, Beadsmoore A, McGuigan S, Dickson M. A controlled trial of home-based acute psychiatric services. II. Treatment patterns and costs. *Brit. J. of Psychiatry* 1993;163:55-61.

### **Bush - USA**

Bush CT, Langford MW, Rosen P, Gott W. Operation outreach: intensive case management for severely psychiatrically disabled adults. *Hospital and Community Psychiatry* 1990;41:647-9.

### **Callahan1994 {published data only}**

Callahan CM, Hendrie HC, Dittus RS, Brater DC, Hui SL, Tierney WM. Improving treatment of late life depression in primary care: a randomized clinical trial. *Journal of the American Geriatrics Society* 1994;42(8):839-846.

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### **Carey-US**

Carey MP, Carey KB, Meisler AW. Training mentally ill chemical abusers in social problem solving. *Behavior Therapy* 1990;21(4):511-19.

### **Case-New York**

Case N. The dual-diagnosis patient in a psychiatric day treatment program: a treatment failure. *Journal of Substance Abuse Treatment* 1991;8:69-73.

### **Coleman1999 {published data only}**

Coleman EA, Grothaus L, Sandhu N, Wagner EH. Chronic care clinics: A randomised controlled trial of a new model of primary care for frail older adults. *Journal of the American Geriatrics Society* 1999;47:775-783.

### **Comstock-Texas**

Comstock BS, Kamilar SM, Thornby JI, Ramirez JP, Kaplan HB. Crisis treatment in a day hospital. Impact on medical care-seeking. *Psychiatric Clinics of North America* 1985;8:483-500.

### **Creed-Blackburn**

Creed F, Black D, Anthony P, Osborn M, Thomas, Franks D, et al. Randomised controlled trial of day and in-patient psychiatric treatment. 2. Comparison of two hospitals. *British Journal of Psychiatry* 1991;158:183-9.

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Creed F, Anthony P, Godbert K, Huxley P. Treatment of severe psychiatric illness in a day hospital. *British Journal of Psychiatry* 1989;154:341-7.

### **Creed-Manchester2 (IK 1990)**

Creed F, Black D, Anthony P, Osborn M, Thomas P, Tomenson B. Randomised controlled trial of day patient versus inpatient psychiatric treatment. *BMJ* 1990;300:1033-7.

### **Creed-Manchester3 (IK 1996)**

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#### **Dick1991 Dundee**

Dick PH, Sweeney ML, Crombie IK. Controlled comparison of day-patient and out-patient treatment for persistent anxiety and depression. *British Journal of Psychiatry* 1991;158:24-7.

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Dick P, Cameron L, Cohen D, Barlow, Ince A. Day and full time psychiatric treatment: a controlled comparison. *British Journal of Psychiatry* 1985;147:246-9

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#### **Dowrick1995 {published data only}**

Dowrick C. Does testing for depression influence diagnosis or management by general practitioners? *Family Practice* 1995;12(4):461-465

#### **Doyne1987 {published data only}**

Doyne EJ, et al. Running versus weight lifting in the treatment of depression. *Journal of Consulting and Clinical Psychology* 1987;55(5):748-754.

#### **Drake-New Hampshire**

Drake RE, Becker DR, Biesanz JC, Torrey WC, McHugo GJ, Wyzik PF. Rehabilitative day treatment vs. supported employment. I. Vocational outcomes. *Community Mental Health Journal* 1994;30:519-32.

#### **Dunn2002 {published data only}**

Dunn AL, Trivedi MH, Kampert JB, Clark CG, Chambliss HO. The DOSE study: a clinical trial to examine efficacy and dose response of exercise as treatment for depression. *Controlled Clinical Trials* 2002;23:584-603.

#### **Ettlinger-New York**

Ettlinger RA, Beigel A, Feder SL. The partial hospital as a transition from inpatient treatment: a controlled follow-up study. *Mount Sinai Journal of Medicine* 1972;39:251-7

#### **Fenton - Montreal**

Fenton FR, Tessier L, Contandriopoulos AP, Nguyen H, Struening EL. A comparative trial of home and hospital psychiatric treatment: financial costs. *Canadian J. Psychiatry* 1982;27:177-85

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