

APA Practice Guidelines: Acute Phase Treatment of MDD



Assess adequacy of response to current therapy after 4-8 weeks

Initial failure

- If patient is currently receiving medication, consider:
 - Changing antidepressant*
 - Adding psychotherapy
 - ECT

Partial response

- If patient is currently receiving medication, consider:
 - Changing dose
 - Augmenting antidepressant
 - Changing antidepressant*
 - Adding psychotherapy
 - ECT

Full response

- Go to continuation phase treatment

Reassess adequacy of response to current therapy after 4-8 weeks

*When considering changing antidepressants, choose either another antidepressant from the same class or, if two previous medication trials from the same class were ineffective, an antidepressant from a different class.

(APA Practice Guideline, page 14)

ECT=electroconvulsive therapy.

Adapted from: American Psychiatric Association. *Practice Guideline for the Treatment of Patients with Major Depressive Disorder*. 2nd ed. Arlington, VA: American Psychiatric Association; 2000.