

Achieve Remission in Adult Patients With Non-Psychotic Major Depressive Disorder: Algorithm

- Initiate antidepressant at minimally-effective dose to optimize tolerability. Refer for cognitive-behavioral or interpersonal psychotherapy as available, especially for patients with severe MDD
- After 4 weeks: is patient responding to treatment (eg, does he or she have a 50% or greater improvement in symptoms?)
 - If yes, continue antidepressant therapy for additional 2 to 4 weeks at initial dose
 - If no or partial response, consider increasing the antidepressant dose, augmentation or combination therapy, particularly if current antidepressant is well-tolerated. Consider adding psychotherapy if not already initiated.
- Continue to monitor every 2 weeks
- Once patient has achieved remission, continue same treatment at identical doses for additional 6 to 9 months. Consider adding psychotherapy if not already initiated.
- If patient fails to respond to numerous treatment trials, perform diagnostic re-assessment. Consider somatic therapies (electroconvulsive therapy, repetitive transcranial magnetic stimulation, deep brain stimulation).