Depression in adults: treatment and management.

Guideline ID: 2783 Published: 2022 Jun 29

National Institute for Health and Care Excellence (NICE)

National Institute for Health and Care Excellence (NICE). Depression in adults: treatment and management. London (UK): National Institute for Health and Care Excellence (NICE); 2022 Jun 29. 113 p. (NICE guideline; no. 222)

View Original Guideline

Overview

Guideline Objective

To provide recommendations for the treatment and management of depression in adults

Patient Population

Adults with a primary diagnosis of depression in primary and secondary care

Recommendations

Recommendation Statements

Major interventions covered in this guideline include:

- Pharmacological and non-pharmacological treatment options, including first-line and further-line approaches

- Prevention of relapse
- Considerations for management of chronic depression, psychotic depression, and depression with a coexisting diagnosis of personality disorder
- Role of collaborative and specialist care

Note: Refer to the original guideline for full recommendation statements.

Evidence Rating Scheme

Refer to the original guideline documentation for more information.

Recommendation Rating Scheme

Refer to the original guideline documentation for more information.

Related Content

Supporting Documents

- Appendices 1 and 2 (Recommendations That Have Been Deleted, or Changed Without an Evidence Review); 2022 Jun 29.
- Supplement 1: Methods; 2022 Jun 29.
- Supplement 2: Glossary and Abbreviations; 2022 Jun 29.
- Economic Evidence; 2022 Jun 29.
- Full Guideline; 2009 Oct.
    - Appendix 15: Evidence Tables for Economic Studies; 2010 Aug 25.
    - Appendix 16a: Clinical Evidence Profiles for Service Delivery; 2010 Aug 25.
    - Appendix 16b: Clinical Evidence Profiles for Psychological and Psychological Interventions; 2010 Aug 25.

- Appendix 16c: Clinical Evidence Profiles for Pharmacological and Physical Interventions; 2010 Aug 25.
- Appendix 16d: Clinical Evidence Profiles for the Management of Subthreshold Depressive Symptoms; 2010 Aug 25.
- Appendix 17a: Clinical Studies Characteristics Tables – Service Delivery; 2010 Aug 25.
- Appendix 17b: Clinical Studies Characteristics Tables – Psychological and Psychosocial Interventions; 2010 Aug 25.
- Appendix 17c: Clinical Studies Characteristics Tables – Pharmacological and Physical Interventions; 2010 Aug 25.
- Appendix 17d: Clinical Studies Characteristics Tables – Management of Subthreshold Depressive Symptoms; 2010 Aug 25.
- Appendix 18: References to Studies from the Previous Guideline; 2010 Aug 25.
- Appendix 19a: Clinical Evidence Forest Plots for Service Delivery; 2010 Aug 25.
- Appendix 19b: Psychological and Psychosocial Clinical Evidence Forest Plots; 2010 Aug 25.
- Appendix 19c: Clinical Evidence Forest Plots for Pharmacology and Other Physical Treatments; 2010 Aug 25.
- Appendix 19d: Clinical Evidence Forest Plots for the Management of Subthreshold Depressive Symptoms; 2010 Aug 25.
- Appendix 20: Case Identification Included and Excluded Studies; 2010 Aug 25.
- Appendix 21: Methods Used to Develop this Guideline; 2010 Aug 25.

- Evidence Reviews; 2022 Jun 29.
  - A: Service Delivery; 2022 Jun 29.
    - A1: Clinical Evidence Tables for Review Question 1.1; 2022 Jun 29.
    - A2: Clinical Evidence Tables for Review Question 1.2; 2022 Jun 29.

- B: Treatment of a New Episode of Depression; 2022 Jun 29.
    - B1: Clinical Evidence Tables for Review Questions 2.1-2.2; 2022 Jun 29.
    - B2: Forest Plots for Treatment of a New Episode of Less Severe Depression; 2022 Jun 29.
    - B3: Forest Plots for First-Line Treatment of More Severe Depression; 2022 Jun 29.
    - B4: Pairwise and NMA Comparisons for Review Questions 2.1-2.2; 2022 Jun 29.
- C: Preventing Relapse; 2022 Jun 29.
    - C1: Clinical Evidence Tables for Review Question 2.3; 2022 Jun 29.
- D: Further-Line Treatment; 2022 Jun 29.
    - D1: Clinical Evidence Tables for Review Question 2.4-2.5; 2022 Jun 29.
- E: Chronic Depression; 2022 Jun 29.
    - E1: Clinical Evidence Tables for Review Question 2.6; 2022 Jun 29.
- F: Depression with Coexisting Personality Disorder; 2022 Jun 29.
    - F1: Clinical Evidence Tables for Review Question 2.7; 2022 Jun 29.
- G: Psychotic Depression; 2022 Jun 29.
    - G1: Clinical Evidence Tables for Review Question 2.8; 2022 Jun 29.
- H: Access to Services; 2022 Jun 29.
    - H1: Clinical Evidence Tables for Review Question 3.0; 2022 Jun 29.
- I: Patient Choice; 2022 Jun 29.
    - I1: Clinical Evidence Tables for Review Question 4.0; 2022 Jun 29.
- Developing NICE Guidelines: The Manual; 2014 Oct 31 (last updated 2025 Oct 23).

Implementation Tools

- Discussing First-Line Treatments for Less Severe Depression Visual Summary; 2022 Jun 29.
- Discussing First-Line Treatments for More Severe Depression Visual Summary; 2022 Jun 29.
- Preventing Relapse Visual Summary; 2022 Jun 29.
- Further-Line Treatment Visual Summary; 2022 Jun 29.
- Treatment Options for Chronic Depression, Depression with Personality Disorder or Psychotic Depression Visual Summary; 2022 Jun 29.
- The Matched Care Model Visual Summary; 2022 Jun 29.
- Baseline Assessment Tool; 2022 Jun 29.
- Resource Impact Summary Report; 2022 Jun 29.
- Practical Steps to Improving the Quality of Care and Services Using NICE Guidance.

Patient Education

- Information for the Public; 2022 Jun 29.

Note: This patient information is intended to help patients better understand their health and their diagnosed disorders. Patients and their representatives should still consult with a licensed health care professional for evaluation of treatment options as well as answers to their personal medical questions.

Disclaimer

If you desire to use content from the original clinical practice guideline cited herein, you must contact the guideline developer directly to obtain permission rights.

ECRI's Guideline Profiles are designed to provide information and assist decision-making. Variations in practice will inevitably, and appropriately, occur when clinicians take into account the needs and preferences of individual patients, available resources, and limitations unique to an institution or type of practice. Every healthcare professional using

these Guideline Profiles is responsible for evaluating the appropriateness of applying them in a clinical setting.

TRUST Scorecard

Composition of Guideline Development Group (GDG)

Multidisciplinary GDG Members	**Yes**
Methodologist Involvement	**Yes**
Incorporation of Patient and Public Perspective	★★★★★

Systematic Review of Evidence

Literature Search	★★★★★
Study Selection	★★★★★
Evidence Synthesis	★★★★★

Foundations for Recommendations

Strength of Evidence Grade	★★☆☆☆
Description of Benefits and Harms of Recommendations	★★★★☆
Summary of Evidence Supporting Recommendations	★★★☆☆
Strength of Recommendations Rating	★★☆☆☆
Clear Articulation of Recommendations	★★★★☆

Funding Source — **Yes**

Disclosure and Management of Financial Conflicts of Interests — ★★★★★

External Review — ★★★★★

Updating — ★★★☆☆

Copyright © 2026 ECRI