

Guideline topic: Non-Pharmaceutical Treatment of Depression

Search coverage

Patient searches

The patient search was conducted using the search strategy outlined below in conjunction with the new patient search filter. The patient filter had to be modified because it included terms related to depression and thus was essentially not acting as a filter: initial recall in Medline exceeded 10,000. Thus, only the non-psychological elements of the patient filter were used. In Embase, Emtree thesaurus terms were searched as major descriptors in order to reduce recall to a manageable amount.

Databases covered: **Medline, Embase, CINAHL, PsycINFO** Dates covered: 2002-2007

Total hits: Medline 844, Embase 397, CINAHL 414, PsycINFO 1582 (total 3237) Sifted result: 209

Medline search strategy

- 143 exp Depression/
- 144 mood disorders/ or exp depressive disorder/
- 145 exp Affective Symptoms/
- 146 (depression\$ or depressive\$ or depressed).mp.
- 147 or/143-146

Guidelines

Websites with relevant guidelines:

- Agency for Health Care Research and Quality (AHRQ) <http://www.ahrq.gov/>
- ASERNIP-S <http://www.surgeons.org/Content/NavigationMenu/Research/ASERNIPS/ASERNIPublications/default.htm>
- Canadian Medical Association <http://mdm.ca/cpgsnew/cpgs/index.asp>
- Centre for Clinical Effectiveness (Australia) <http://www.med.monash.edu.au/healthservices/cce/>
- Health Technology Assessment <http://www.hta.nhsweb.nhs.uk/>
- NHS Centre for Reviews and Dissemination <http://www.york.ac.uk/inst/crd/welcome.htm>
- NHS Quality Improvement Scotland <http://www.nhshealthquality.org>
- National Institute for Clinical Excellence (NICE) <http://www.nice.org.uk/>
- National Electronic Library for Health <http://www.library.nhs.uk/guidelinesFinder/>
- National Guideline Clearinghouse <http://www.guideline.gov/>
- National Health and Medical Research Council (NHMRC) <http://www.health.gov.au/nhmrc/publications/index.htm>
- New Zealand Guidelines Group <http://www.nzgg.org.nz/>
- PRODIGY Knowledge <http://www.prodigy.nhs.uk/>
- Swedish Council on Technology Assessment in Health Care (SBU) <http://www.sbu.se/www/index.asp>
- TRIP Database <http://www.tripdatabase.com/>

Databases covered:

Medline, Embase, CINAHL, PsycINFO, G-I-N

Dates covered: 2002-2007

Systematic reviews

Databases covered: **Medline, Embase, CINAHL, PsycINFO, Cochrane, AMED** Dates covered: 1997-January Week 2 2009

Total hits: 5814

Sifted result:213

<p>RCTs</p> <p>Databases covered: Medline, Embase, CINAHL, PsycINFO, Cochrane, PEDro, AMED Dates covered: 1998- January Week 2 2009 (with variations depending on topic; see Scope of Searches below)</p>
<p>Observational studies/ Searches without filter</p> <p>Databases covered: Medline, Embase, CINAHL, PsycINFO Dates covered: 1998-2008 (with variations depending on topic; see Scope of Searches below)</p>
<p>Search strategies</p>
<p>The following are listings of the main Medline strategies used for this guideline. All conventions and symbols are from the Ovid implementation of Medline. Strategies used in other databases were substantially the same, though different terminology may have been used to take account of different thesaurii used in non-Medline databases. Search filters were added to identify studies of a particular type (guideline, systematic review, etc.) Listings of the search filters used by SIGN can be found on the SIGN Web site.</p>

<p>Generic Stem:</p> <p>1 exp Depression/ 2 exp Depressive Disorder/ 3 exp mood disorders/ 4 exp Affective Symptoms/ 5 (depressi\$ or depressed).tw. 6 or/1-5</p>

Scope of Searches for RCTs and Observational Studies

KQ	Type of studies	Date range	Initial recall	Sifted result
1-2	RCT	2000- January Week 2 2009	3536	67
1-2	Observational	2000-2008	4123	97
3-4	RCT	2007- January Week 2 2009 (to update Cochrane review)		5
5a	All (no filter)	1996-2008	1322	58
5b	RCT	1998- January Week 2 2009	488	25
5b	Observational	1998- January Week 2 2009	264	15
5c	RCT	2002- January Week 2 2009	136	7
5d	All (no filter)	1998- January Week 2 2009	1296	9
6	RCT	1998- January Week 2 2009	274	16
7	RCT	1996- January Week 2 2009	253	19
8	RCT	1998- January Week 2 2009	1410	23
9b	RCT	1998- January Week 2 2009	149	7
10	All (no filter)	1998-2008	133	5
11, 12, 13 a	RCT	1998- January Week 2 2009	1057	68
11, 12, 13 b	RCT	1998- January Week 2 2009	211	17
11, 12, 13 c	RCT	1998- January Week 2 2009	139	13
11, 12, 13 e	RCT	1998- January Week 2 2009	44	1
14c	RCT	2000- January Week 2 2009	135	20
14d	RCT	1998- January Week 2 2009	429	43
15b	RCT	1985- January Week 2 2009	315	35
16a-b	All (no filter)	1985-2008	286	15
17, 18, 19 a	RCT	1998- January Week 2 2009	1150	114
17, 18, 19 b	RCT	1998- January Week 2 2009	1	1
17, 18, 19 c	RCT	1998- January Week 2 2009	364	42
20	All (no filter)	1983-2008	10237	Not sifted because

				recall was too high and key question could not be specified further
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Search strategies used for specific key questions:

Lifestyle & Work

7. exp Caffeine/
8. caffeine\$.tw.
9. exp Alcohols/
10. exp drinking behavior/ or exp alcohol drinking/
11. alcohol\$.tw.
12. exp Life Style/
13. exp exercise/ or exp exercise therapy/
14. exercise\$.tw.
15. (physical\$ adj2 (activit\$ or exert\$)).tw.
16. "return to work".tw.
17. exp Employment/
18. exp Work/
19. (condit\$ adj2 manag\$).tw.
20. (return\$ adj2 employ\$).tw.
21. "back-to-work".tw.
22. "remploy".tw.
23. exp Employment, Supported/
24. exp Sheltered Workshops/
25. or/7-24

Exercise

Adapted from Cochrane review:

1. exp EXERCISE/
2. exp Exercise Therapy/
3. exp Exertion/
4. exp Physical Fitness/
5. exp Walking/
6. exp Running/
7. exp Swimming/
8. exp Jogging/
9. exp "Physical Education and Training"/
10. exercise\$ near aerobic\$.tw.
11. train\$ near aerobic\$.tw.
12. exercise\$ near strength\$.tw.
13. train\$ near strength\$.tw.
14. bicycling\$.tw.
15. or/1-14

Bibliotherapy

- 18 Bibliotherapy/
- 19 bibliotherap\$.tw.
- 20 (creative adj writing).mp.
- 21 autobiograph\$.tw.
- 22 poetry.tw.
- 23 (expressive adj writing).mp.
- 24 reading/ or writing/
- 25 Expressed Emotion/
- 26 24 and 25
- 27 18 or 19 or 20 or 21 or 22 or 23 or 26

Additional strategy used following revision of question to include 'books on prescription' and any self-help books:

17. (reading adj prescription).mp.

- 18. (book\$ adj3 prescription\$.mp.
- 19. *"Bibliotherapy"/
- 20. exp Books/ and exp Self Care/
- 21. bibliotherap\$.tw.
- 22. self help book\$.mp.
- 23. self-help book\$.mp.
- 24. (healthy adj reading).mp.
- 25. or/17-24

Self-help groups

- 104 exp Self-Help Groups/
- 105 (support adj group\$.mp.
- 106 self-help group\$.tw.
- 107 (self adj help adj group).tw.
- 108 104 or 105 or 106 or 107

Guided self-help

- 18 guided self help.tw.
- 19 self help coach\$.mp.
- 20 social prescribing.mp.
- 21 signposting.mp.
- 22 self help.mp.
- 23 18 or 19 or 20 or 21 or 22

Psychoeducation

- 18 Patient Education as Topic/ or psychoeducation.mp.
- 19 (mood adj gym).mp.
- 20 living life to the full.mp.
- 21 or/18-20

Reviewers for this question also received the search results for self-help and guided self-help (above)

St John's wort

- 111 hypericum.mp. or exp Hypericum/
- 112 (st adj johns adj wort).mp.
- 113 (john's adj wort).mp.
- 114 (johns adj wort).mp.
- 115 111 or 112 or 113 or 114

Nutritional supplements – not answered by systematic review

- 18 Ginkgo biloba/
- 19 (gingko or ginkgo).mp.
- 20 ginseng.mp. or exp Panax/
- 21 glutamine.mp. or Carbon-Nitrogen Ligases with Glutamine as Amide-N-Donor/ or "Glutamine-Fructose-6-Phosphate Transaminase (Isomerizing)"/ or "Carbamoyl-Phosphate Synthase (Glutamine-Hydrolyzing)"/ or Glutamine/
- 22 selenium.mp. or Selenium/
- 23 exp S-Adenosylmethionine/ or ademethionine.mp.
- 24 (adenosyl adj2 methionine).mp.
- 25 Adenosylmethionine.mp.
- 26 18 or 19 or 20 or 21 or 22 or 23 or 24 or 25

Alternative and complementary therapies – not answered by systematic review

- 6 exp Hypnosis/
- 7 hypnotherap\$.tw.
- 8 hypnosis.tw.
- 9 exp Therapeutic Touch/
- 10 reiki.tw.
- 11 exp Aromatherapy/
- 12 aromatherap\$.tw.
- 13 exp Acupuncture Therapy/
- 14 acupunture.tw.

- 15 exp Massage/
- 16 massage.tw.
- 17 exp Phototherapy/
- 18 phototherap\$.tw.
- 19 light therap\$.tw.
- 20 exp Tai Ji/
- 21 tai chi.tw.
- 22 exp Homeopathy/
- 23 homeopath\$.tw.
- 24 reflexolog\$.tw.
- 25 pet therap\$.tw.
- 26 exp Yoga/
- 27 yoga.tw.
- 28 or/6-27

Art therapy

- 118 Art Therapy/
- 119 (art adj therap\$.mp.
- 120 paintings/ or sculpture/
- 121 (paint\$ or sculpt\$ or draw\$.mp.
- 122 118 or 119 or 120 or 121

Power therapies

- 6 *Desensitization, Psychologic/
- 7 exp Eye Movements/
- 8 6 and 7
- 9 eye movement desensiti?ation.tw.
- 10 emdr.tw.
- 11 exp Neurolinguistic Programming/
- 12 neuro?lingustic programming.tw.
- 13 thought field therap\$.tw.
- 14 emotional freedom technique\$.tw.
- 15 power therapy\$.tw.
- 16 or/8-15

Counselling

- 1 exp Counseling/
- 2 counsel\$.mp.

Solution-focused therapy and systemic therapy

- 46 (solution\$ adj focus\$.mp.
- 47 exp Psychotherapy, Brief/
- 48 (brief adj therap\$.mp.
- 49 (brief adj psychotherap\$.mp.
- 50 systems therap\$.mp.
- 51 systemic therap\$.mp.
- 52 sfbt.mp.
- 53 sft.mp.
- 54 46 or 47 or 48 or 49 or 50 or 51 or 52 or 53

Marital/couple therapy

- 46 couples therapy/ or family therapy/ or marital therapy/
- 47 ((couple\$ or marriage or marital or family) adj (therap\$ or counsel\$)).mp.
- 48 46 or 47

Mindfulness

- 46 exp Meditation/
- 47 mindfulness.mp.
- 48 meditat\$.mp.
- 49 46 or 47 or 48

Problem-solving therapy

- 171 exp Problem Solving/
- 172 (problem adj solving).mp.
- 173 problem-solving.mp.
- 174 171 or 172 or 173

Cognitive /behavioural therapy

- 1 behavior therapy/ or cognitive therapy/
- 2 (cognitive adj2 therap\$).mp.
- 3 behavioral activation.mp.
- 4 (behavio\$ adj2 therap\$).mp.
- 5 (functional adj2 therap\$).mp.
- 6 cbt.mp.
- 7 or/1-6

Psychodynamic psychotherapy / psychoanalysis

- 46 exp Psychoanalytic Therapy/ or psychodynamic psychotherapy.mp.
- 47 psychoanalysis.mp. or exp Psychoanalysis/
- 48 psychoanalytic.mp.
- 49 (psychodynamic adj therapy).mp.
- 50 46 or 47 or 48 or 49

CAT

- 47 (cognitive adj analytic).mp.

IPT

- 49 interpersonal psychotherapy.mp.
- 50 Interpersonal Relations/ and Psychotherapy/
- 51 interpersonal therapy.mp.
- 52 ipt.mp.
- 53 49 or 50 or 51 or 52

Alliance and other nonspecific factors

- 18 (therapeutic adj alliance).mp.
- 19 exp Professional-Patient Relations/
- 20 (nonspecific adj factor\$).mp
- 21 (non-specific adj factor\$).mp
- 22 (therapist adj effect\$).mp.
- 23 ((therapist or therapeutic) adj empathy).mp.
- 24 "Attitude of Health Personnel"/
- 25 (interpersonal adj factor\$).mp.
- 26 alliance\$.tw.
- 27 ((therapist or therapeutic) adj relation\$).mp.
- 28 "Professional-Family Relations"/
- 29 exp psychotherapeutic processes/
- 30 (therapist adj competen\$).mp.
- 31 exp Professional Competence/
- 32 (common adj factor\$).mp.
- 36 or/18-32

Search strategies used to respond to issues raised following consultation on draft guideline:**Sleep Disorders (initial scoping search only – not meant to be comprehensive)**

- 1. exp Sleep/ or exp Sleep Disorders/
- 2. sleep\$.tw.
- 3. 18 or 17

CBASP (PsycINFO strategy – Medline strategy consisted of textwords only)

- 1. cbasp.tw.

2. (cognitive adj behav\$ adj analy\$ adj system\$).mp.
3. 1 or 2
4. "Cognitive Behavioral Analysis System of Psychotherapy".id.
5. exp Cognitive Behavior Therapy/
6. exp Systems Analysis/
7. 6 and 5
8. 4 or 3 or 7
9. from 8 keep 1-58
10. 9
11. limit 10 to yr = "1996 - 2009"

Chromium

1. exp chromium compounds/ or chromium/
2. chromium.tw.
3. 1 or 2

PE-EFT

1. process experiential therapy.mp. or exp Gestalt Therapy/
2. emotion focused therapy.mp.
3. (emotion adj focused).mp.
4. (process adj experiential).mp.
5. or/1-4