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.


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/
Canadian Medical Association http://www.cmaj.ca/cgi/content/full/172/4/279
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/
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/

Systematic reviews
Total hits: 5814
Sifted result: 213
### RCTs

**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)

### Observational studies/ Searches without filter

**Databases covered:** Medline, Embase, CINAHL, PsycINFO  
**Dates covered:** 1998-2008 (with variations depending on topic; see Scope of Searches below)

### Search strategies

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.

#### Generic Stem:

1. exp Depression/
2. exp Depressive Disorder/
3. exp mood disorders/
4. exp Affective Symptoms/
5. (depressi$ or depressed).tw.
6. or/1-5

### Scope of Searches for RCTs and Observational Studies

<table>
<thead>
<tr>
<th>KQ</th>
<th>Type of studies</th>
<th>Date range</th>
<th>Initial recall</th>
<th>Sifted result</th>
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<td>RCT</td>
<td>1998- January Week 2 2009</td>
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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$)).tw.
16. "return to work".tw.
17. exp Employment/
18. exp Work/
20. (return$ adj2 employ$).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.
19. **"Bibliotherapy"/
20. exp Books/ and exp Self Care/
21. bibliotherap$.tw.
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 acupuncture.tw.
exp Massage/
massage.tw.
exp Phototherapy/
phototherap$.tw.
light therap$.tw.
exp Tai Ji/
tai chi.tw.
exp Homeopathy/
homeopath$.tw.
reflexolog$.tw.
pet therap$.tw.
exp Yoga/
yoga.tw.
or/6-27

Art therapy
Art Therapy/
(or adj therap$).mp.
paintings/ or sculpture/
(paint$ or sculpt$ or draw$).mp.
118 or 119 or 120 or 121

Power therapies
*Desensitization, Psychologic/
ex Eye Movements/
6 and 7
eye movement desensitization.tw.
emdr.tw.
ex Neurolinguistic Programming/
neuro?linguistic programming.tw.
thought field therap$.tw.
emotional freedom technique.tw.
power therapy.tw.
or/8-15

Counselling
exp Counseling/
counsel$.mp.

Solution-focused therapy and systemic therapy
(solution$ adj focus$).mp.
ex Psychotherapy, Brief/
brief adj therap$.mp.
brief adj psychotherap$.mp.
systems therap$.mp.
systemic therap$.mp.
sft.mp.
sft.mp.
46 or 47 or 48 or 49 or 50 or 51 or 52 or 53

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

Mindfulness
exp Meditation/
mindfulness.mp.
meditat$.mp.
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$).mp.
3 behavioral activation.mp.
4 (behavioral adj2 therap$).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
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