Decision Path for Children and Adolescents with Depressive Disorder

Assessment

- Is serious depression confirmed?
  - Yes: Psychoeducation, Interpersonal therapy, Cognitive-behavioral therapy, Parental counselling, Family therapy, Social work interventions
  - No: Proceed to next step

- Is mild or moderate depression confirmed?
  - Yes: Psychoeducation, Support 4 weeks
  - No: Proceed to next step

- Is depression in remission?
  - Yes: Remission, Continuation treatment 3-6 months, Ongoing monitoring
  - No: Interpersonal therapy, Cognitive-behavioral therapy, Parental counselling, Family therapy, Social work interventions

- Have there been 2 or more episodes of depression?
  - Yes: Maintenance treatment 1-2 years
  - No: Discharge and Follow-up Monitoring

- Consider drug therapy 6-month course

- Is response poor or depression very severe?
  - Yes: Proceed with drug therapy
  - No: Proceed with other interventions