



Depression Treatment (Adult)

Definition:

The CEBC defines **Depression Treatment (Adult)** as the treatment of adults with a diagnosis of a depressive disorder, or with elevated symptoms of depression as demonstrated by a standardized screening or assessment tool. Common symptoms may include fatigue, difficulty concentrating, difficulty sleeping, feeling worthless, and/or lack of motivation.

The CEBC has evaluated only replicable programs that do not use medication as an essential component of treatment. It is well-known that many well-researched medication-based (pharmacological) treatments of depression exist. The [Pharmacological Treatment for Depression](#) page has links to reputable organizations that list information on these medications.

Topic Area Criteria:

- **Target population:** Adults with the symptoms of depression or who are experiencing major depression
- **Services/types that fit:** Typically outpatient services, either individual or group
- **Delivered by:** Mental health professionals
- **In order to be included in this topic area on the CEBC:** Program must specifically target depression as a goal
- **In order to be rated in this topic area by the CEBC:** There must be research evidence (as specified by the [Scientific Rating Scale](#)) that examines depression-related outcomes, such changes in symptom levels, behaviors, and/or functioning

Programs

The table below provides a summary of the rated programs currently listed in the **Depression Treatment (Adult)** topic area. More detailed information can be found on the [CEBC website](#).

Program	Overview	CEBC Scientific Rating	CEBC CWS Relevance Level
Acceptance and Commitment Therapy (ACT)	A contextually focused form of cognitive behavioral psychotherapy that uses mindfulness and behavioral activation to increase a client's psychological flexibility	1	Medium
Cognitive Behavioral Analysis System of Psychotherapy (CBASP)	Developed solely for the treatment of chronically depressed adults	1	Medium
Cognitive Behavioral Therapy (CBT) for Adult Depression	A skills-based, present-focused, and goal-oriented treatment approach that targets the thinking styles and behavioral patterns that cause and maintain depression-like behavior and mood	1	Medium
Cognitive Therapy (CT)	A form of psychotherapy designed for use with adults with mental health disorders including depression, anger, and anxiety - designed to include family members in the treatment	1	Medium
Intensive Short-Term Dynamic Psychotherapy (ISTDP)	Designed to focus on emotional awareness and the ability to feel emotions in order to heal and overcome behavioral and psychiatric symptoms	1	Medium
Interpersonal Psychotherapy (IPT)	A time-limited and manual-specified psychotherapy developed initially for patients with major depressive disorder, but later adapted for other disorders	1	Medium

Programs

Program	Overview	CEBC Scientific Rating	CEBC CWS Relevance Level
Mindfulness-Based Cognitive Therapy (MBCT)	Includes simple meditation techniques to help participants become more aware of their experience in the present moment, basic education about depression and suicidality, and exercises derived from cognitive therapy	1	Medium
Behavioral Activation Treatment for Depression (BATD)	A structured approach aimed at identifying activities that fit within the client's values on a daily basis. The program also uses contracts to recruit social support for these efforts	3	Medium
Mom Power®	An integrated mental health and attachmentbased parenting program that applies attachment theory, cognitive-behavioral and dialectical behavioral strategies to facilitate growth and new skills	3	Medium