

Title: Anti-depressants are not first-line therapy for mild to moderate depression

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Abstract:

Anti-depressants do not treat mild to moderate depression better than placebo. They also have potential side effects and significant costs. For patients with mild to moderate depression, psychotherapy should be the first choice for treatment. Psychotherapy, or counseling, has been shown to be effective for depression and does not have the side effects associated with anti-depressants. For treating more severe depression, anti-depressants are more effective than placebo and should remain a first choice for therapy.

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WHAT IS DEPRESSION?

Depression is:

- Real
- Common
- Serious
- Treatable

Understanding Depression

The Symptoms
&
Treatment



THE SYMPTOMS

- Depressed mood
- Loss of pleasure in activities
- Changes in your weight
- Sleeping too much or too little
- Loss of energy
- Difficulty concentrating
- Feeling worthless or guilty
- Thoughts of suicide



WHAT'S NEXT?

If you are experiencing any of these symptoms, talk with your doctor. Your doctor can help figure out if your symptoms are due to depression. It is important to address your symptoms because depression can have serious effects on both your mental and physical health. Remember, there is no reason to feel ashamed of your symptoms. Many people experience depression and effective treatments are available.



THE TREATMENT

You and your doctor will decide together what is the best choice for treating your depression. The first step may be counseling with a trained therapist. For more severe depression, your doctor may want to try a medication. Be patient, and keep your doctor updated about your progress. Together, you can develop an acceptable and effective treatment plan.