

1. Record Nr.	UNINA9910717344503321
Autore	Nieuwsma Jason A.
Titolo	Brief psychotherapy for depression in primary care : a systematic review of the evidence // Jason A Nieuwsma and Ranak Trivedi
Pubbl/distr/stampa	Washington, D.C. : , : Department of Veterans Affairs, Veterans Health Administration, Health Services Research & Development Service, , 2011
Descrizione fisica	1 online resource (iii, 62 pages)
Disciplina	616.852706
Soggetti	Depression, Mental - Treatment - Cost effectiveness - United States Technical reports. United States
Lingua di pubblicazione	Inglese
Formato	Materiale a stampa
Livello bibliografico	Monografia
Note generali	"Evidence-based synthesis program." "January 2011."
Nota di bibliografia	Includes bibliographical references.
Sommario/riassunto	The individual and societal burden of depressive disorders is widely acknowledged, but treating these disorders remains challenging. Clinical guidelines recommend that both pharmacotherapy and psychotherapy should be considered as first-line treatments. Yet, because primary care settings are often the frontline of treatment, pharmacological treatments take precedence. In part, this may be due to the perception that psychotherapy is lengthy and time intensive, with guidelines recommending 12 to 20 1-hour sessions for most evidence-based psychotherapies. However, recent evidence seems to suggest that psychotherapies that are briefer in both duration and intensity may be efficacious in acute-phase treatment. If true, these briefer psychotherapies may be more easily integrated in primary care settings.