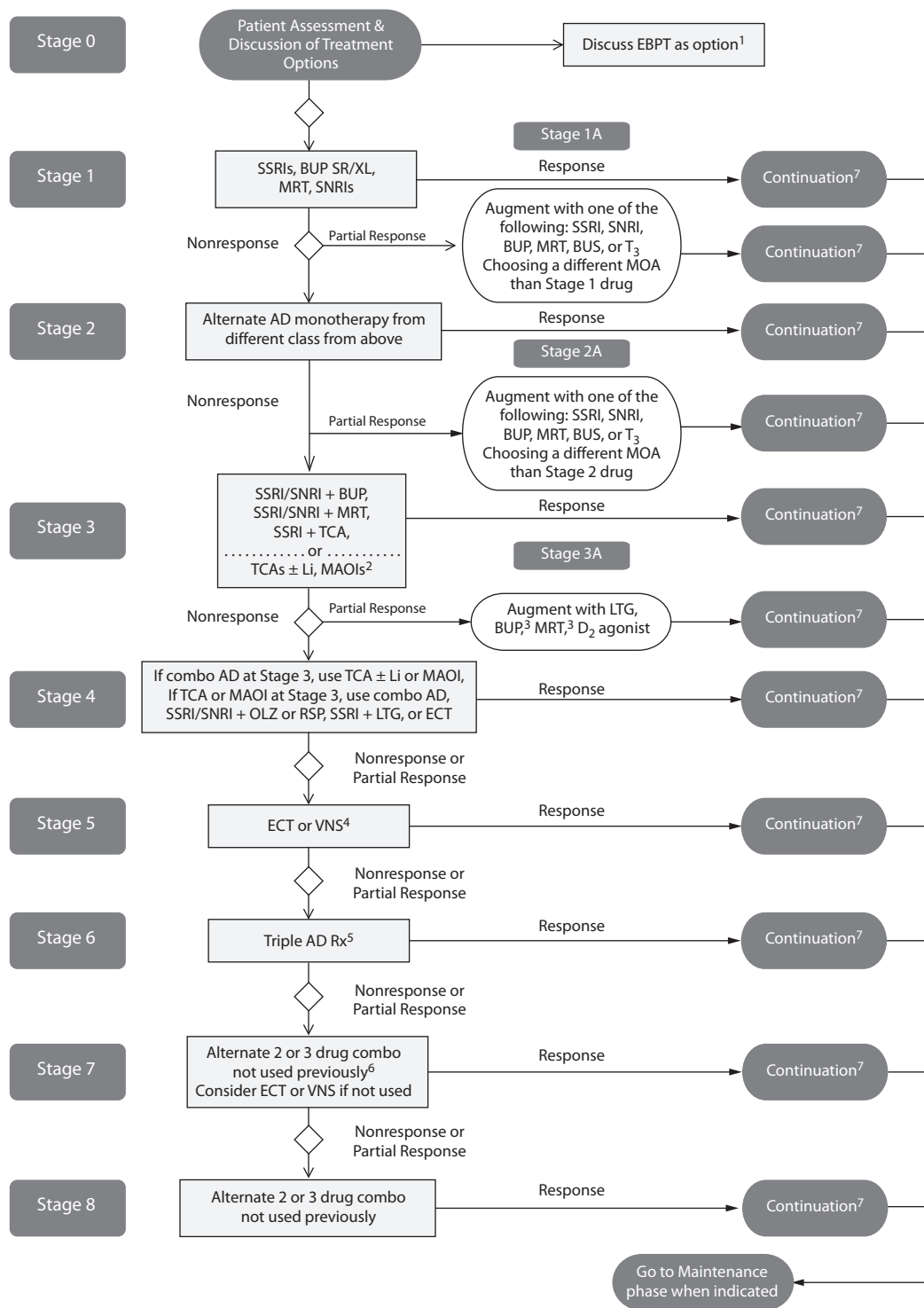


Algorithm for the Treatment of Major Depressive Disorder



©2008, Texas Department of State Health Services.

¹EBPT is an option before starting pharmacotherapy or in combination with pharmacotherapy at any stage in the algorithm.

²TCAs ± Li or MAOIs should be considered over combination treatment, unless tolerability, prior response, or patient preference otherwise.

³Use MRT as an augmenting agent if an SSRI/SNRI + BUP is used in stage 3; use BUP as an augmenting agent if an SSRI/SNRI + MRT is used in stage 3.

⁴If VNS chosen, it augments pharmacotherapy.

⁵Use agents with different MOA; use agents with response in the past (even minimal); choose among SSRIs, SNRIs, BUP, MRT, TCAs, MAOIs, AAPs, LTG, Li.

⁶Use agents with a different MOA; use agents with response in the past; if not previously used, consider ECT or VNS here.

⁷Continuation phase treatment should include treatment 6–9 months after remission of symptoms with antidepressant(s) that achieved symptom remission.

Abbreviations: AD = antidepressant, AAP = atypical antipsychotic, BUP SR/XL = bupropion SR/XL; BUS = buspirone, EBPT = evidence-based psychotherapy, ECT = electroconvulsive therapy, Li = lithium, LTG = lamotrigine, MAOI = monoamine oxidase inhibitor, MOA = mechanism of action, MRT = mirtazapine, OLZ = olanzapine, RIS = risperidone, SNRI = serotonin-norepinephrine reuptake inhibitor, SSRI = selective serotonin reuptake inhibitor, T₃ = liothyronine, TCA = tricyclic antidepressant, VNS = vagal nerve stimulation.