

Tactics and Critical Decision Points

Tactics and Critical Decision Points (CDPs) for the Treatment of Major Depressive Disorder

Critical Decision Point (CDP)	Clinical Status		Plan
Week 0 (CDP #1)	QIDS-C ₁₆ ≥ 9	Symptomatic	Initiate medication; adjust dose to lower end of therapeutic dose range or serum level
Week 2 (CDP #2)	QIDS-C ₁₆ ≤ 5	Remission	Continue current dose
	QIDS-C ₁₆ = 6–8	Partial Response	Gradually increase dose as tolerated
		SEs intolerable	Continue current dose and address SEs Decrease dose and continue for 2 additional weeks Switch to another antidepressant
	QIDS-C ₁₆ ≥ 9	Nonresponse	Gradually increase dose as tolerated
SEs intolerable		Decrease dose and continue for 2 additional weeks Switch to another antidepressant	
Week 4 (CDP #3)	QIDS-C ₁₆ ≤ 5	Remission	Continue current dose
	QIDS-C ₁₆ = 6–8	Partial Response	Continue current dose Consider increasing dose
		SEs intolerable	Continue current dose and address SEs Switch to another antidepressant
	QIDS-C ₁₆ ≥ 9	Nonresponse	Increase dose Switch to another antidepressant
SEs intolerable		Switch to another antidepressant	
Week 6 (CDP #4)	QIDS-C ₁₆ ≤ 5	Remission	Continue current dose
	QIDS-C ₁₆ = 6–8	Partial Response	Increase/maximize dose Use augmentation
		SEs intolerable	Continue current dose and address SEs Switch to another antidepressant
	QIDS-C ₁₆ ≥ 9	Nonresponse	Use augmentation Switch to another antidepressant
SEs intolerable		Switch to another antidepressant	
Week 9 (CDP #5)	QIDS-C ₁₆ ≤ 5	Remission	Continue current dose
	QIDS-C ₁₆ = 6–8	Partial Response	Increase dose Use augmentation Switch to another antidepressant
		Nonresponse or SEs intolerable	Switch to another antidepressant
Week 12 (CDP #6)	QIDS-C ₁₆ ≤ 5	Remission	Go to follow-up phase
	QIDS-C ₁₆ = 6–8	Partial Response	Switch to another antidepressant Increase dose and reevaluate in 2 weeks ^a
		Nonresponse or SEs intolerable	Switch to another antidepressant

©2008, Texas Department of State Health Services.

^aIf after 12 weeks the patient has not remitted, but the clinician feels that 2 more weeks of treatment would be beneficial, treatment may be extended.

Abbreviations: QIDS-C₁₆ = 16-item Quick Inventory of Depressive Symptomatology–Clinician-rated, SEs = side effects.