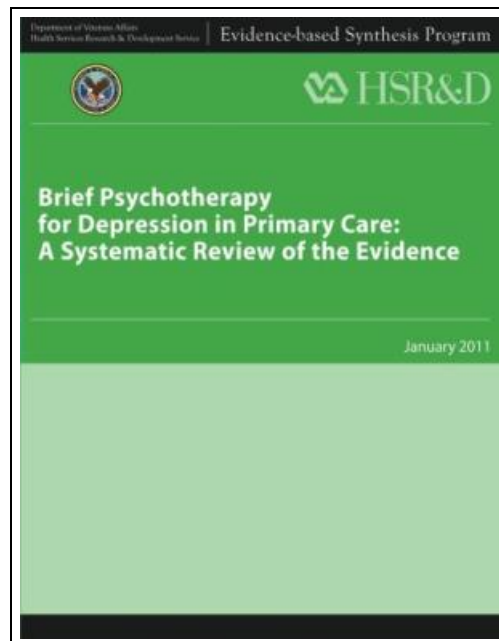


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BRIEF PSYCHOTHERAPY FOR DEPRESSION IN PRIMARY CARE: A SYSTEMATIC REVIEW OF THE EVIDENCE



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Createspace, United States, 2013. Paperback. Book Condition: New. 279 x 216 mm. Language: English . Brand New Book ***** Print on Demand *****.Depressive disorders present a major public health concern. The prevalence of current depression among U.S. adults is 6.6 , affecting up to 16 to 18 of the population over their lifetime. High prevalence rates have also been noted in the Veteran population, and particularly high rates have been found in primary care settings. Although primary care physicians treat a high proportion of patients with depressive disorders, the treatment of depression in primary care tends to be variable and suboptimal. Because of this, it is a public health priority to identify treatments for depression that are effective, evidence-based, and suitable for dissemination in primary care. Despite persuasive evidence of effectiveness for both pharmacotherapy and psychotherapy in the treatment of depression, medication remains by far the most commonly utilized intervention in primary care settings. However, there has been a growing interest in and commitment to the integration of psychotherapy and other mental health services into primary care settings, perhaps most notably within the Veterans Health Administration. Providing primary care patients with the option of receiving psychotherapy for their depression is an important objective for multiple reasons: there are many patients who, given the option, prefer psychotherapy to medication; there is a need to provide alternative treatments for patients who do not improve on or cannot tolerate antidepressant medication; and there may be unique benefits from psychotherapy in terms of costs and relapse prevention. Recognizing that time and resource constraints present important barriers to effectively implementing standard-duration psychotherapies (i.e., 12 to 20 sessions) for depression in primary care settings, this report evaluates whether psychotherapy for depression can be efficacious after a period of 8 or fewer sessions-what we define as brief...



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