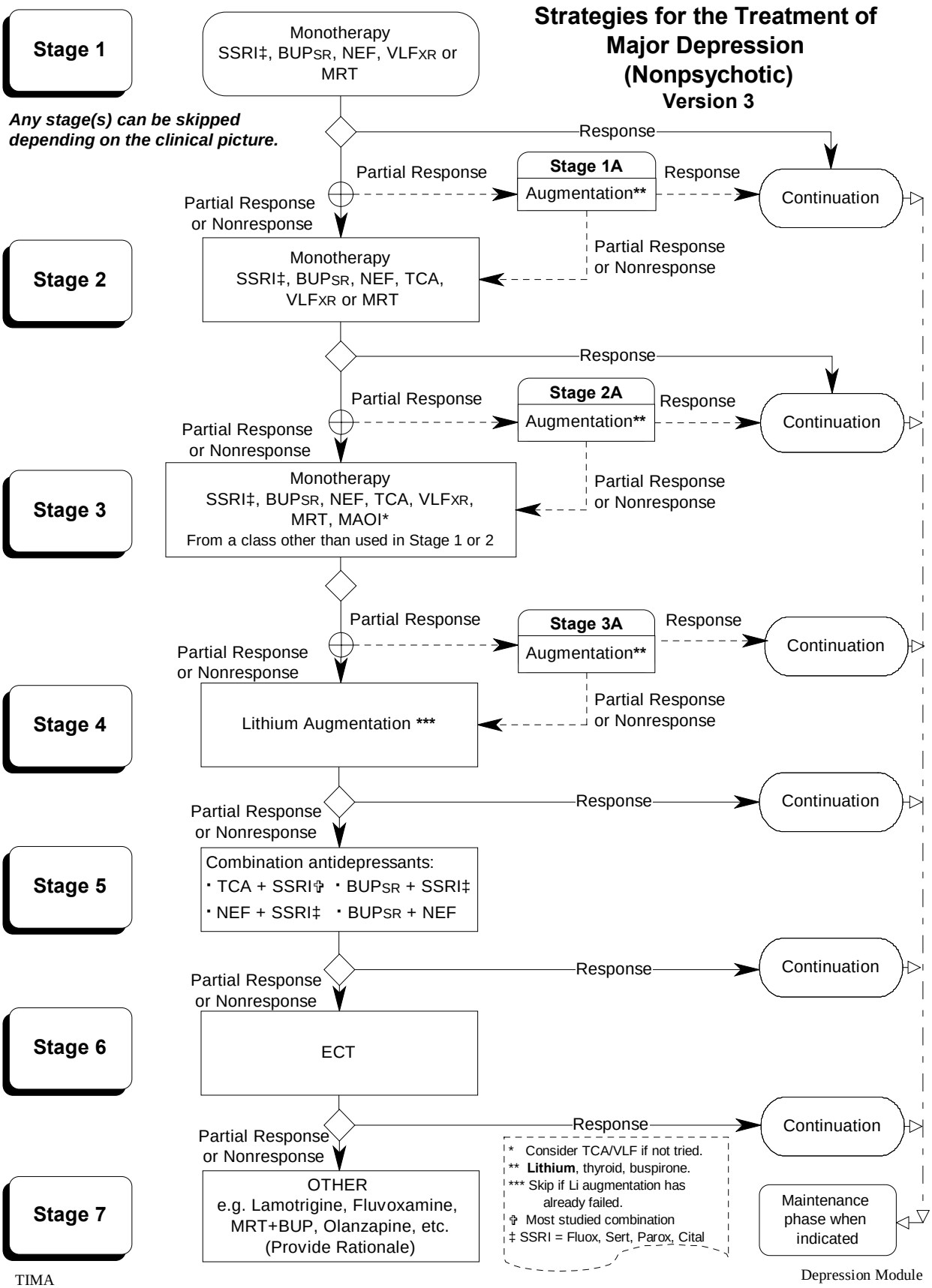
Strategies for the Treatment of Major Depression (Nonpsychotic)
Version 3
Stage 1
Monotherapy SSRI‡, BUPSR, NEF, VLFXR or MRT
Any stage(s) can be skipped depending on the clinical picture.
Response
Partial Response
Stage 1A
Augmentation**
Response
Continuation
Partial Response or Nonresponse
Partial Response or Nonresponse
Stage 2
Monotherapy SSRI‡, BUPSR, NEF, TCA, VLFXR or MRT
Response
Partial Response
Stage 2A
Augmentation**
Response
Continuation
Partial Response or Nonresponse
Partial Response or Nonresponse
Stage 3
Monotherapy SSRI‡, BUPSR, NEF, TCA, VLFXR, MRT, MAOI*
From a class other than used in Stage 1 or 2
Partial Response
Stage 3A
Augmentation**
Response
Continuation
Partial Response or Nonresponse
Partial Response or Nonresponse
Stage 4
Lithium Augmentation ***
Partial Response or Nonresponse
Response
Continuation
Stage 5
Combination antidepressants:
• TCA + SSRI♱ • BUPSR + SSRI‡
• NEF + SSRI‡ • BUPSR + NEF
Partial Response or Nonresponse
Response
Continuation
Stage 6
ECT
Partial Response or Nonresponse
Response
Continuation
Stage 7
OTHER e.g. Lamotrigine, Fluvoxamine, MRT+BUP, Olanzapine, etc. (Provide Rationale)
* Consider TCA/VLF if not tried.
** Lithium, thyroid, buspirone.
*** Skip if Li augmentation has already failed.
♱ Most studied combination
‡ SSRI = Fluox, Sert, Parox, Cital
Maintenance phase when indicated