

# Psychotherapy Stream

NOTE: This decision aid draws on NICE guidance.

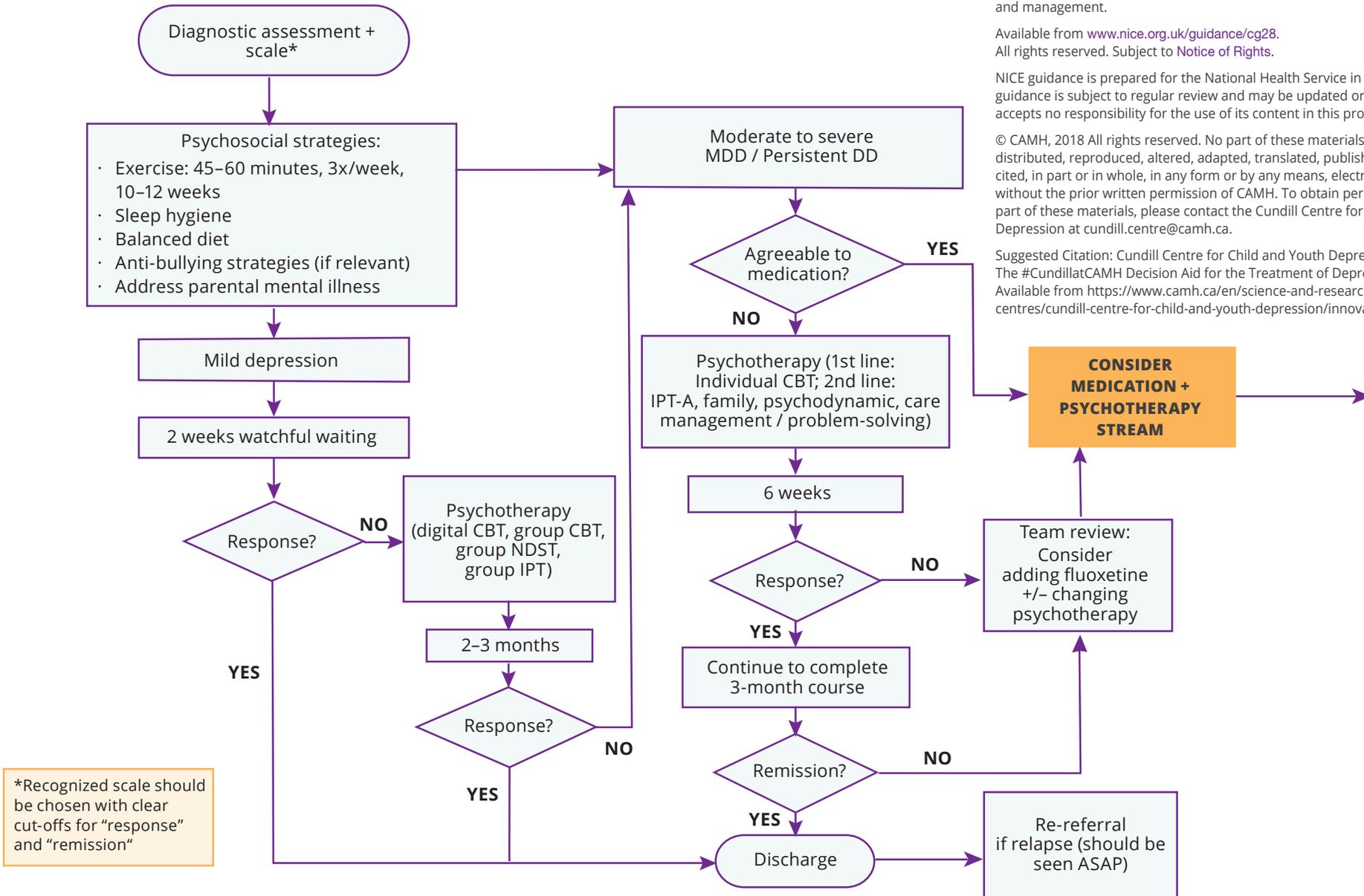
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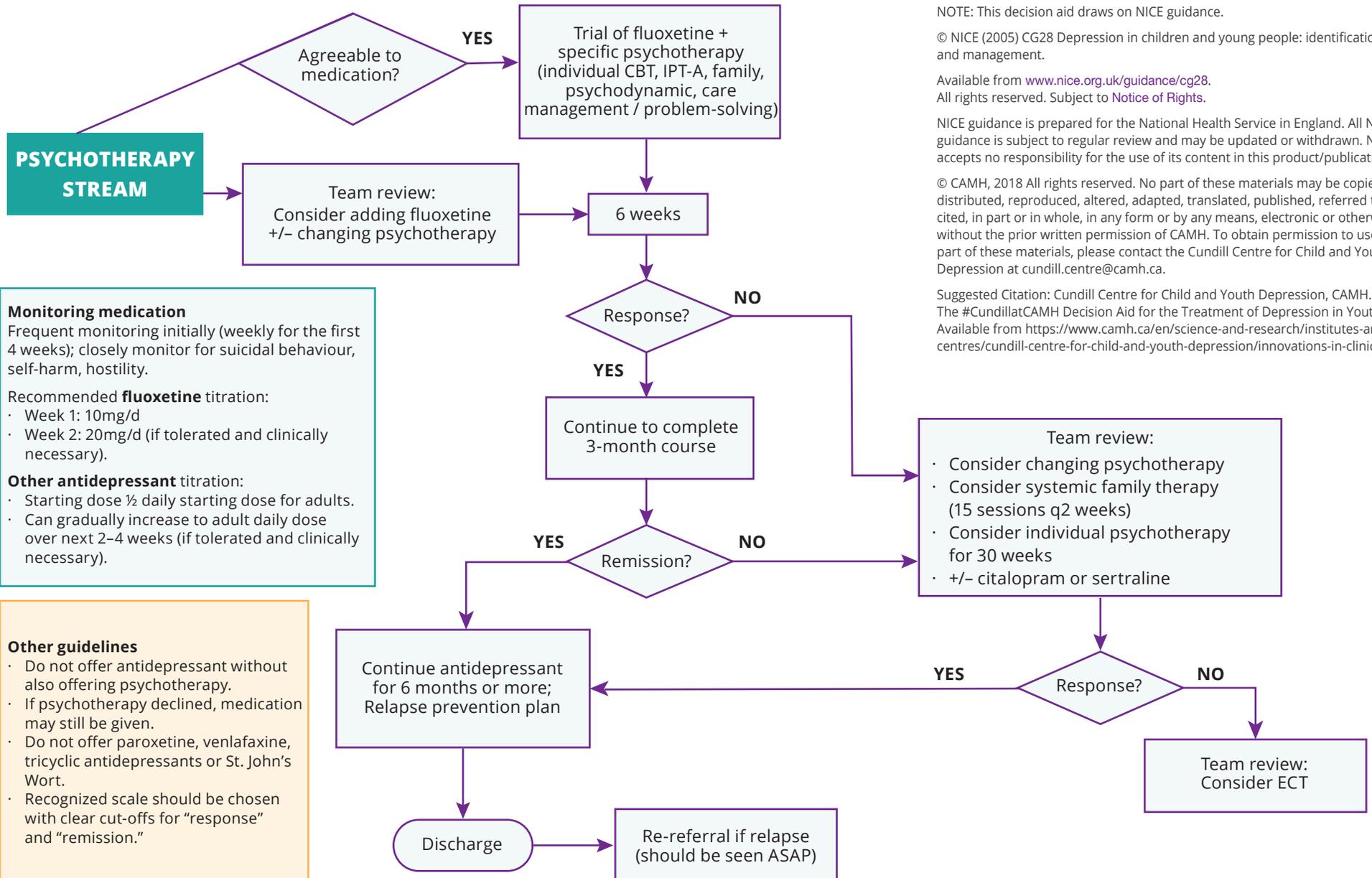
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\*Recognized scale should be chosen with clear cut-offs for “response” and “remission”

# Medication + Psychotherapy Stream



**Monitoring medication**  
Frequent monitoring initially (weekly for the first 4 weeks); closely monitor for suicidal behaviour, self-harm, hostility.

Recommended **fluoxetine** titration:

- Week 1: 10mg/d
- Week 2: 20mg/d (if tolerated and clinically necessary).

**Other antidepressant** titration:

- Starting dose ½ daily starting dose for adults.
- Can gradually increase to adult daily dose over next 2-4 weeks (if tolerated and clinically necessary).

**Other guidelines**

- Do not offer antidepressant without also offering psychotherapy.
- If psychotherapy declined, medication may still be given.
- Do not offer paroxetine, venlafaxine, tricyclic antidepressants or St. John's Wort.
- Recognized scale should be chosen with clear cut-offs for "response" and "remission."

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