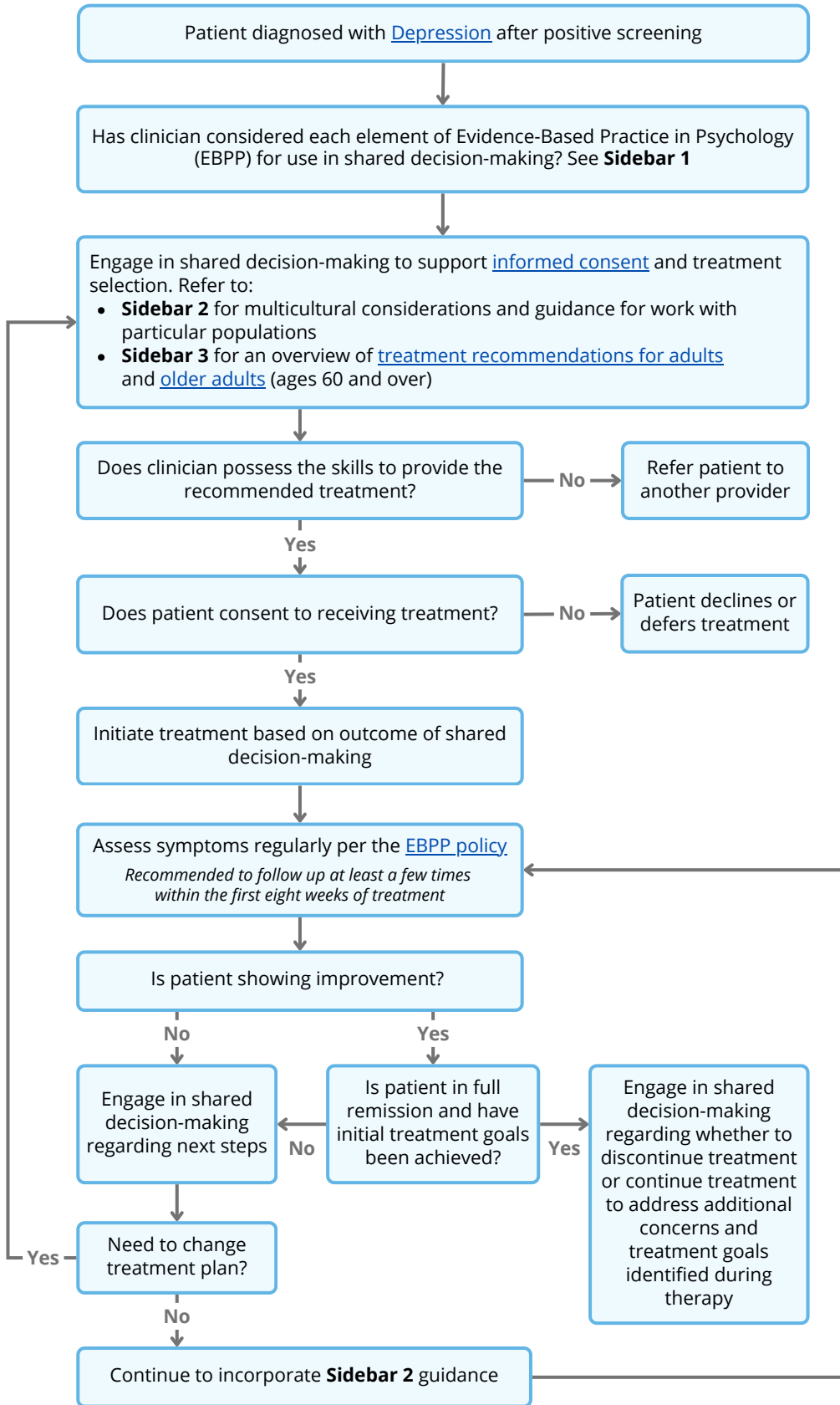


Adult Depression Guideline (2024)



Sidebar 1

Evidence-based Practice in Psychology (EBPP) Elements:

1. Best available research (See recommendation sections for [adults](#) and [older adults](#) (ages 60 and over) as starting point)
2. Clinical expertise
3. Patients' characteristics, values, and context

Sidebar 2

Additional Guidance from APA's Guidelines for Particular Populations:

- [EBPP policy](#)
- [Multicultural guidelines](#)
- [Race and ethnicity](#)
- [Boys and men](#)
- [Girls and women](#)
- [Older adults](#)
- [Sexual minority persons](#)
- [Transgender and gender nonconforming](#)
- [Persons with disabilities](#)
- [Persons with low-income and economic marginalization](#)
- [Additional guidance](#)

Sidebar 3

Empirically Supported Treatment Recommendations:

Adults (ages 18-60):

- **Recommend** behavioral therapy, cognitive therapy, cognitive-behavioral therapy (CBT), interpersonal psychotherapy (IPT), mindfulness-based cognitive therapy, psychodynamic therapy, or supportive therapy.
- **Recommend** second-generation antidepressant medications (ADMs).
- If considering combined treatment, **recommend** CBT or IPT plus a second-generation ADM.

Older Adults (ages 60 and over):

- **Recommend** either group CBT or group life-review/reminiscence therapy.
- **Recommend** combined pharmacotherapy (second-generation antidepressant) and interpersonal psychotherapy (IPT) over IPT alone.

To view the full set of recommendations, including conditional recommendations and recommendations against treatments, please refer to [Table 3 \(Adults\)](#) and [Table 4 \(Older Adults\)](#) of the full guideline.