

## Elintapojen ja omahoidon ohjaus; depressio

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Kysymys	Näytön taso	Recommendation	Kirjallisuus	Yhteenveto
Fyysinen aktiivisuuteen ohjaaminen depression hoidossa	C	Heikko suositus: Overvej at tilbyde fysisk træning til patienter med let til moderat depression i kombination med vanlig behandling.	Sundhedsstryrelsen, Tanska 2016	Mura G, Moro MF, Patten SB, Carta MG. Exercise as an add-on strategy for the treatment of major depressive disorder: A systematic review. CNS Spectrums 2014;19(6):496-508.
	B	Structured exercise may be considered as a treatment option for patients with depression.	SIGN, Skotlanti, 2010	Mead GE, Morley W, Campbell IP, Greig CA, McMurdo M, Lawlor DA. Exercise for depression (Cochrane Review). In: The Cochrane Library, Issue 4, 2008. London:Wiley.
Mindfulness ohjaus depression hoidossa	D	Heikko suositus: Overvej at tilbyde patienter med moderat til svær depression, som er remitteret, mindfulness-træning som en tilbagefaldsforebyggende intervention	Sundhedsstryrelsen, Tanska 2016	Galante J, Iribarren SJ, Pearce PF. Effects of mindfulness-based cognitive therapy on mental disorders: A systematic review and meta-analysis of randomised controlled trials. Journal of Research in Nursing 2013;18(2):133-155
Ohjattu itsehoito depression hoidossa	A	Guided self help based on CBT or behavioural principles is recommended as a treatment option for patients with depression	SIGN, Skotlanti, 2010	Gellatly J, Bower P, Hennessy S, Richards D, Gilbody S, Lovell K. What makes self-help interventions effective in the management of depressive symptoms? Meta-analysis and meta-regression. Psychol Med 2007;37(9):1217-28.

				National Institute for Health and Clinical Excellence. Depression: management of depression in primary and secondary care. London: NICE; 2004. (NICE Clinical Guideline 90). [cited 09 Dec 2009] Available from Chew-Graham CA, Lovell K, Roberts C, Baldwin R, Morley M, Burns A, et al. A randomised controlled trial to test the feasibility of a collaborative care model for the management of depression in older people. Br J Gen Pract 2007;57(538):364-70.
Tietokonepohjainen ohjattu itsehoito depression hoidossa	A	Within the context of guided self help, computerised CBT is recommended as a treatment option for patients with depression.	SIGN, Skotlanti, 2010	Kaltenthaler E, Brazier J, De Nigris E, Tumor I, Ferriter M, Beverley C, et al. Computerised cognitive behaviour therapy for depression and anxiety update: a systematic review and economic evaluation. Health Technol Assess 2006;10(33):1-168. Christensen H, Griffiths KM, Jorm AF. Delivering interventions for depression by using the internet: Randomised controlled trial. BMJ 2004;328(7434):265-9.
	B	Internet-based CBT, with therapist support, is better than waiting list.	SBU, Ruotsi, 2013	5 RCT studies, 323 patients.