

Elintapojen ja omahoidon ohjaus; depressio

Jorma Komulainen

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.

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				<p>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.</p>
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	<p>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.</p>
	B	Internet-based CBT, with therapist support, is better than waiting list.	SBU, Ruotsi, 2013	5 RCT studies, 323 patients.