

APPENDIX A: Psychotherapy options

Second-line psychotherapy

Mild to Moderate¹⁴

Short-term psychodynamic psychotherapy (STPP)

Severe^{13, 14}

It is suggested to offer a combination of psychotherapy and pharmacotherapy for patients with:

- Severe (i.e. PHQ-9 >20)
- Chronic (duration greater than two years)
- Recurrent (with three or more episodes)

For additional help, consult specialists across the province to provide the best care possible for patients with complex MDD at [OTN eConsult¹⁵](#) and the [Collaborative Mental Health Network \(CMHN\)](#).¹⁶

Psychotherapy definitions for MDD

Cognitive-behavioral therapy (CBT)	CBT treats MDD by teaching patients to modify both thinking and behavior. ^{13, 29} • CBT remains the most established evidence-based, first-line treatment for depression ³⁰
Interpersonal psychotherapy (IPT)	IPT focuses on patients' relational stressors involving losses, changes, disagreements, or interpersonal sensitivity, which are associated with the onset or perpetuation of present symptoms. ³⁰
Behavioral Activation (BA)	BA is a particular version of BT that targets the link between avoidant behavior and depression and expands the treatment component of BT. ¹³
Behavior Therapy (BT)	BT for major depression refers to a class of psychotherapy interventions that treat MDD by teaching patients to increase rewarding activities. ¹³
Acceptance and Commitment Therapy (ACT)	ACT is a manualized psychotherapy intervention derived from relational frame theory that emphasizes acceptance of emotional distress and engagement in goal directed behaviors. ¹³
Mindfulness-based Cognitive Therapy (MBCT)	MBCT integrates traditional CBT interventions with mindfulness-based skills, including mindfulness meditation, imagery, experiential exercises, and other techniques that aid patients in experiencing affect without necessarily attempting to change it. ¹³
Problem-solving Therapy (PST)	PST is defined as a discrete, time-limited, structured psychological intervention that focuses on learning to cope with specific problem areas and where therapist and patient work collaboratively to identify and prioritize key problem areas. ¹³
Short-Term Psychodynamic Psychotherapy (STPP)	STPP is defined as psychodynamic psychotherapy of approximately 10 to 20 weeks duration. ¹³ • STPP is considered not as effective as other first line psychotherapies ³⁰