

Best Evidence Summaries of Topics in Mental Healthcare

BEST *in* **MH** *clinical question-answering service*

Question

In adults with clinical depression, how effective are self-compassion focused therapies compared with other psychological therapies in patient outcomes?

Clarification of question using PICO structure

Patients: Adults with depression

Intervention: Self-compassion focused therapies

Comparator: Other psychological therapies

Outcome: Any patient outcomes

Clinical and research implications

No systematic reviews, meta-analyses or randomised controlled trials were found to answer this question.

What does the evidence say?

Number of included studies/reviews (number of participants)

N/A

Main Findings

N/A

Authors Conclusions

N/A

Reliability of conclusions/Strength of evidence

N/A

What do guidelines say?

No guidelines from the National Institute for Health and Care Excellence (NICE) or the Scottish Intercollegiate Guidelines Network (SIGN) guidelines comment upon the use of self-compassion focused therapies in the treatment of clinical depression.

Date question received: 23/01/2015

Date searches conducted: 06/02/2015

Date answer completed: 20/02/2015

Search Details

Source	Search Strategy	Number of hits	Relevant evidence identified
SRs and Guidelines			
NICE	Self-compassion Compassion	0 15	0 0
DARE	1 (compassion* adj3 (therap* OR intervention*)) IN DARE 0 Delete 2 (mindful* adj3 (therap* OR intervention*)) IN DARE 45 Delete 3 (meditat* adj3 (therap* OR intervention*)) IN DARE 24 Delete 4 MeSH DESCRIPTOR Depression EXPLODE ALL TREES 546 Delete 5 MeSH DESCRIPTOR Depressive Disorder EXPLODE ALL TREES 986 Delete 6 MeSH DESCRIPTOR Depressive Disorder, Major EXPLODE ALL TREES 313 Delete 7 MeSH DESCRIPTOR Depressive Disorder, Treatment-Resistant EXPLODE ALL TREES 11 Delete 8 (depress*) IN DARE 2099 Delete 9 #1 OR #2 OR #3 62 Delete 10 #4 OR #5 OR #6 OR #7 OR #8 2568 Delete 11 #9 AND #10 33 Delete	33	0
RCTs			
MEDLINE	11. MEDLINE; "randomized controlled trial".pt; 383948 results. 12. MEDLINE; "controlled clinical trial".pt; 88580 results. 13. MEDLINE; randomi?ed.ab; 368147 results. 14. MEDLINE; placebo.ab; 157686 results. 15. MEDLINE; "drug therapy".fs; 1734257 results. 16. MEDLINE; randomly.ab; 223168 results. 17. MEDLINE; trial.ab; 317942 results. 18. MEDLINE; groups.ab; 1409727 results. 19. MEDLINE; 11 OR 12 OR 13 OR 14 OR 15 OR 16 OR 17 OR 18; 3449367 results.	197	0

	<p>20. MEDLINE; ((compassion* adj3 (therap* OR intervention*))).ti,ab; 115 results. 21. MEDLINE; ((mindful* adj3 (therap* OR intervention*))).ti,ab; 657 results. 22. MEDLINE; ((meditat* adj3 (therap* OR intervention*))).ti,ab; 252 results. 23. MEDLINE; depress*.ti,ab; 324980 results. 24. MEDLINE; (depressive AND disorder).ti,ab; 26351 results. 25. MEDLINE; exp DEPRESSION/; 78573 results. 26. MEDLINE; 20 OR 21 OR 22; 967 results. 27. MEDLINE; 23 OR 24 OR 25; 345381 results. 28. MEDLINE; 26 AND 27; 327 results. 29. MEDLINE; 19 AND 28; 197 results.</p>		
EMBASE	<p>1. EMBASE; ((compassion* adj3 (therap* OR intervention*))).ti,ab; 174 results. 2. EMBASE; ((mindful* adj3 (therap* OR intervention*))).ti,ab; 997 results. 3. EMBASE; ((meditat* adj3 (therap* OR intervention*))).ti,ab; 359 results. 4. EMBASE; depress*.ti,ab; 395130 results. 5. EMBASE; (depressive AND disorder).ti,ab; 35978 results. 7. EMBASE; exp DEPRESSION/; 318919 results. 8. EMBASE; 1 OR 2 OR 3; 1442 results. 9. EMBASE; random*.tw; 925722 results. 10. EMBASE; factorial*.tw; 23896 results. 11. EMBASE; placebo*.tw; 206450 results. 12. EMBASE; (crossover* OR cross-over*).tw; 71209 results. 13. EMBASE; (doubl* adj3 blind*).tw; 146340 results. 14. EMBASE; (singl* adj3 blind*).tw; 17587 results. 15. EMBASE; assign*.tw; 248085 results. 16. EMBASE; allocat*.tw; 87781 results. 17. EMBASE; volunteer*.tw; 181238 results. 18. EMBASE; CROSSOVER PROCEDURE/; 41165 results. 19. EMBASE; DOUBLE-BLIND PROCEDURE/; 117196 results. 20. EMBASE; SINGLE-BLIND PROCEDURE/; 19342 results.</p>	239	0

	<p>21. EMBASE; RANDOMIZED CONTROLLED TRIAL/; 357184 results.</p> <p>22. EMBASE; 9 OR 10 OR 11 OR 12 OR 13 OR 14 OR 15 OR 16 OR 17 OR 18 OR 19 OR 20 OR 21; 1468731 results.</p> <p>23. EMBASE; 4 OR 5 OR 7; 511880 results.</p> <p>24. EMBASE; 8 AND 23; 569 results.</p> <p>25. EMBASE; 22 AND 24; 245 results.</p> <p>26. EMBASE; 25 [Limit to: Publication Year 2005-2015]; 239 results.</p>		
PsycINFO	<p>41. PsycINFO; ((compassion* adj3 (therap* OR intervention*))).ti,ab; 186 results.</p> <p>42. PsycINFO; ((mindful* adj3 (therap* OR intervention*))).ti,ab; 1473 results.</p> <p>43. PsycINFO; ((meditat* adj3 (therap* OR intervention*))).ti,ab; 379 results.</p> <p>44. PsycINFO; depress*.ti,ab; 222888 results.</p> <p>45. PsycINFO; (depressive AND disorder).ti,ab; 26962 results.</p> <p>46. PsycINFO; exp DEPRESSION/; 22073 results.</p> <p>47. PsycINFO; 41 OR 42 OR 43; 1933 results.</p> <p>48. PsycINFO; 44 OR 45 OR 46; 224220 results.</p> <p>49. PsycINFO; 47 AND 48; 562 results.</p> <p>51. PsycINFO; CLINICAL TRIALS/; 8336 results.</p> <p>52. PsycINFO; random*.ti,ab; 138000 results.</p> <p>53. PsycINFO; groups.ti,ab; 383095 results.</p> <p>54. PsycINFO; (doubl* adj3 blind*).ti,ab; 18993 results.</p> <p>55. PsycINFO; (singl* adj3 blind*).ti,ab; 1754 results.</p> <p>56. PsycINFO; EXPERIMENTAL DESIGN/; 9468 results.</p> <p>57. PsycINFO; controlled.ti,ab; 85500 results.</p> <p>58. PsycINFO; (clinical adj3 study).ti,ab; 8343 results.</p> <p>59. PsycINFO; trial.ti,ab; 72645 results.</p> <p>60. PsycINFO; "treatment outcome clinical trial".md; 28914 results.</p> <p>61. PsycINFO; 51 OR 52 OR 53 OR 54 OR 55 OR 56 OR 57 OR 58 OR 59 OR 60; 595048 results.</p>	252	0

	62. PsycINFO; 49 AND 61; 262 results. 63. PsycINFO; 62 [Limit to: Publication Year 2005-2015]; 252 results.		
Summary	NA	NA	

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