

Best Evidence Summaries of Topics in Mental Healthcare

BEST in MH *clinical question-answering service*

Question

In adults with depression, how effective are group therapies and interventions, compared to individual therapies and interventions, in improving patient outcomes?

Clarification of question using *PICO* structure

Patients: Adults with depression

Intervention: Group therapies/interventions

Comparator: Individual therapies/interventions

Outcome: Patient outcomes

Plain language summary

There is limited high quality evidence that adequately compares the efficacy of different group interventions to individual interventions, for people with depression. More well-conducted trials are required to determine the most effective therapy for improving symptoms of depression.

Clinical and research implications

Evidence from three systematic reviews suggests that there is no significant difference in effectiveness between group and individual cognitive behavioural therapy for the treatment of adults with depression. It should be noted that evidence was derived from small randomised controlled trials (RCTs) and that there was considerable overlap between the studies included in the three reviews.

In addition one large RCT, not included in any of the systematic reviews, found that an individual problem solving intervention was more effective than a group educational intervention for adults with depression; both interventions were found to significantly reduce depressive symptoms, but no comparative effect estimate was provided.

Research is needed to provide information on the comparative effectiveness of other types of group and individual psychological interventions.

What does the evidence say?

Number of included studies/reviews (number of participants)

We identified three systematic reviews which reported results relevant to this evidence summary.^{1,2,3} The first review assessed the effectiveness of group psychological interventions for adults with depression and included 23 studies, of which 7 (comparing the effectiveness of group vs. individual cognitive behavioural therapy (CBT)) were relevant to this evidence summary.¹ The second review focussed on comparing the effectiveness of individual and group therapies and included 19 comparisons from 15 studies; 11 comparisons were of individual vs. group CBT and results were not reported separately for other types of psychological intervention.² The final systematic review included 22 studies, of which 6 reported direct comparisons between group and individual interventions and were considered relevant to this summary; four reported information on the comparative effectiveness of group vs. individual CBT and two reported information on group vs. individual delivery of a structured educational intervention on coping with depression.³ We also identified one randomised controlled trial (RCT), which was not included in any of the systematic reviews. This trial compared the acceptability and effectiveness of an individual problem solving intervention and a group course on the prevention of depression for adults with depressive illness.⁴ All systematic reviews and RCTs reported the effects of interventions on measures of depressive symptoms; the main measures used were the Beck's Depression Inventory (BDI) and the Hamilton Depression Rating Scale (HDRS).

Main findings

Overall the evidence from all three systematic reviews indicated no significant differences in effects of group and individual CBT on depressive symptoms from immediately post-treatment to up to 12 months follow-up.^{1,2,3} One review also found no difference in the effects of a structured educational intervention on coping with depression when delivered in a group or individual format.³ It should be noted that there was considerable overlap between studies included in the three systematic reviews and that the two studies classified by one review as evaluating a structured educational intervention were included in the other two reviews as CBT studies. The additional randomised controlled trial found that an individual problem solving intervention was more acceptable to adults with depression than a group course on depression prevention (as measured by intervention up-take and

completion rates).⁴ Both interventions were found to be associated with improvements in subjective measures of depressive symptoms at six months, but these effects were not maintained at 12 months follow-up and no measure of the comparative effectiveness of the two interventions was provided.⁴

Authors conclusions

Huntley 2012 – The authors concluded that individually delivered CBT is more effective than group CBT immediately following treatment but after 3 months there is no evidence of difference.

Cuijpers 2008 – The authors stated that, although individual therapy appears more effective than group therapy in the short term, it is not clear whether this effect is clinically relevant.

Lockwood 2004 – The authors stated that individual and group cognitive behavioural therapies for moderately or severely depressed adults (BDI \geq 14) were comparable with each other in effectiveness and both were superior to providing no treatment at all.

Dowrick 2000 – The authors conclude that an individual problem solving treatment was more acceptable to adults with depression than a group course on prevention of depression. Both interventions reduced the number of participants diagnosed with depression and improved subjective function.

Reliability of conclusions/Strength of evidence

This evidence summary is largely based on the findings of three generally well conducted systematic reviews, which are likely to be representative of the available evidence in this area. However, it should be noted that almost all of the available evidence was derived from small RCTs comparing individual CBT to group CBT; there was very little evidence about other types of individual and group psychological interventions. In addition, there was considerable overlap between the studies included in the three systematic reviews, i.e. individual studies are contributing to more than one set of reported findings.

What do guidelines say?

NICE guidelines for depression in adults (CG90, 2009) make the following recommendations regarding psychological interventions:

“People with depression who are considered to be at significant risk of relapse or who have residual symptoms, should be offered one of the following psychological interventions:

- Individual CBT for people who have relapsed despite antidepressant medication and for people with a significant history of depression and residual symptoms despite treatment
- Mindfulness-based cognitive therapy for people who are currently well but have experienced three or more previous episodes of depression.

For all people with depression who are having individual CBT for relapse prevention, the duration of treatment should typically be in the range of 16 to 20 sessions over 3 to 4 months. If the duration of treatment needs to be extended to achieve remission it should:

- Consist of two sessions per week for the first 2 to 3 weeks of treatment

- Include additional follow-up sessions, typically consisting of four to six sessions over the following 6 months.

Mindfulness-based cognitive therapy should normally be delivered in groups of 8 to 15 participants and consist of weekly 2-hour meetings over 8 weeks and four follow-up sessions in the 12 months after the end of treatment.” (pp.33)

Date question received: 08/02/2016

Date searches conducted: 18/04/2016 – 22/04/2016

Date answer completed: 16/05/2016

References

Systematic reviews

1. Huntley, A. L., Araya, R., & Salisbury, C. (2012). Group psychological therapies for depression in the community: systematic review and meta-analysis. *The British Journal of Psychiatry*, 200(3), 184-190.
2. Cuijpers, P., Straten, AV., Lisanne, W. (2008). Are individual and group treatments equally effective in the treatment of depression in adults? A meta-analysis. *The European Journal of Psychiatry*, 22(1), 38-51.
3. Lockwood, C., Page, T., Conroy-Hiller, T. (2004). Comparing the effectiveness of cognitive behaviour therapy using individual or group therapy in the treatment of depression. *International Journal of Evidence-Based Healthcare*, 2(5), 185-206.

Randomised controlled trials

4. Dowrick, C., Dunn, G., Ayuso-Mateos, J. L., Dalgard, O. S., Page, H., Lehtinen, V., ... & Wilkinson, G. (2000). Problem solving treatment and group psychoeducation for depression: multicentre randomised controlled trial. *Bmj*, 321(7274), 1450.

Guidelines

National Institute for Health and Care Excellence (2009) Depression in adults: recognition and management. CG90. LONDON: NICE

<https://www.nice.org.uk/guidance/cg90/resources/depression-in-adults-recognition-and-management-975742636741>

Results

Systematic reviews

Author (year)	Search date	Inclusion criteria	Number of included studies	Summary of results	Risk of bias
Huntley et al. (2012)	July 2010	<p>Participants: Adults (≥ 18 years) with a primary diagnosis of depression, by DCM-IV, ICD-10, or standardised clinician assessment. Studies were included if $\geq 50\%$ of participants were classified as clinically depressed. Studies where participants were in remission, or where the intervention was being applied as a preventative measure, were excluded. Studies with a follow-up period of ≤ 1 month from randomisation were excluded.</p> <p>Intervention: Any group intervention based on any form of psychological therapy.</p> <p>Comparator: Not specified – The comparators in the included studies were usual care and individual cognitive behavioural therapy (CBT).</p> <p>Outcome: Depression – any continuous outcome measure using validated depression questionnaires or rating scales. Outcomes were categorised as immediately post-treatment (within 1 week of end of treatment), short term (>1 week to 3 months</p>	23 studies (7 studies comparing group vs. individual CBT)	<p>This systematic review aimed to assess the efficacy of group-based psychological therapies for depression.</p> <p>Seven of the studies includes in this review compared a group therapy to an individual therapy; all seven compared group CBT to individual CBT. Five of these studies were also included in the Cuijpers 2008 review described below.</p> <p>Studies assessed depression using the Hamilton Rating Scale for Depression (HRSD) or Beck's Depression Inventory (BDI). The summary effect estimate, immediately post-treatment, favoured individual CBT (SMD 0.38 (95% CI: 0.09 to 0.66), 7 studies, n=211). However, the effect was small and was not maintained at three month follow-up (3 studies).</p>	<p>The objective of the review was clearly stated and appropriate inclusion criteria were defined.</p> <p>Five bibliographic databases were searched for relevant studies. No language restrictions were applied. The bibliographies of included studies and review articles were screened and experts in the field were contacted to identify additional</p>

		inclusive) and medium to long term (>3 months) following completion of intervention. Study design: Randomised controlled trials		The authors noted that the majority of studies included in their review showed considerable risk of bias.	studies. Initial screening of titles and abstracts was done by one reviewer. All other stages of the review process included measures to minimise error and bias. The methodological quality of included studies was assessed using the Cochrane risk of bias tool. The meta-analysis methods were broadly appropriate.
Cuijpers et al (2008)	May 2007	Participants: Adults with depressive disorder or an elevated level of depressive symptomatology Intervention: Group interventions Comparator: Individual interventions Outcome: The inclusion criteria did not specify	15 studies (n=673 participants)	This systematic review aimed to determine whether individual and group therapies are equally effective for the treatment of depression. The review included 15 studies reporting 19	The objective of the review was clearly stated and appropriate inclusion criteria were defined.

		<p>an outcome measure; instruments used in the included studies were BDI, HRSD, Minnesota Multiphasic Personality Inventory – Depression (MMPI-d), Depression Adjective Checklist (DACL), Center for Epidemiological Studies Depression Scale (CES-D), Montgomery-Asberg Depression Scale (MADRS), Profile of Mood States (POMS), Edinburgh Postnatal Depression Scale (EPDS), and Zung self-rating depression scale.</p> <p>Study design: Randomised controlled trials</p>		<p>comparisons; 13 of the 19 comparisons were between individual and group formats of the same intervention and 11 of these were of CBT. Study settings and participants varied: community (6 studies); clinical settings (6 studies); systematic screening (2 studies), not reported (1 study). The number of therapy sessions varied between six and 20.</p> <p>The mean difference in effect size between individual and group therapies, immediately post-treatment was 0.20 (95% CI: 0.05 to 0.35), $p < 0.01$, 19 comparisons), in favour of individual therapies, however, there was no difference in effect size at 3 and 6 month follow-up (7 comparisons).</p> <p>When the analysis was restricted to the 13 comparisons of individual and group formats of the same intervention, no significant differences were found at any time point. Similarly, meta-analysis of studies comparing individual and group CBT (11 comparisons) found no significant difference in effect size.</p> <p>The methodological quality of included studies was variable. Blinded outcome assessment was reported in only five studies and only four studies performed intention-to-treat analyses.</p>	<p>Five bibliographic databases were searched for relevant studies. No language restrictions were applied. The bibliographies of published meta-analyses were screened and experts in the field were contacted to identify additional studies.</p> <p>No details were reported about the number of reviewers involved in study selection and data extraction; the risk of bias in the review process is therefore unclear.</p>
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					<p>The methodological quality of included studies was assessed using the Cochrane risk of bias tool.</p> <p>The meta-analysis methods used were broadly appropriate; although pooling effect estimates from studies reporting different comparisons in populations with varying level of symptoms is of questionable value, these issues were partially addressed using sub-group analyses.</p>
Lockwood et al (2004)		<p>Participants: Adults or adolescents with long-term depression, BDI \geq 12 or HRSD \geq 14. Studies involving patients with concomitant psychiatric disorders (e.g. schizophrenia) were</p>	22 (4 studies comparing group vs. individual	This systematic review aimed to summarise the evidence on the use of cognitive behaviour therapy in either group or individual formats for the treatment of	The objective of the review was clearly stated and appropriate

		<p>excluded.</p> <p>Intervention: Individual cognitive therapy (ICT) or group cognitive therapy (GCT)</p> <p>Comparator: Any other intervention, including pharmacotherapies and waiting list controls.</p> <p>Outcome: Depression measures, BDI of HDRS</p> <p>Study design: Randomised or pseudorandomised controlled trials</p>	<p>cognitive therapy, and 2 studies comparing group vs. individual delivery of a structured course on coping with depression)</p>	<p>moderate to major depression.</p> <p>Four of the studies includes in this review compared a group therapy to an individual therapy; all four compared group CBT to individual CBT. Three of these studies were also included in the Cuijpers 2008 review and two were included in the Huntley 2012 review, both described above. Two further studies compared group vs. individual delivery of a structured course on coping with depression; both of these studies were also included in the Cuijpers 2008 and Huntley 2012, but were treated as CBT studies in these reviews.</p> <p>Meta-analysis showed no significant difference in BDI scores post-treatment (4 studies) or at 2 and 3 month follow-up (2 studies) between group and individual CBT. At six month follow-up, group CBT appeared to be associated with significantly lower BDI scores than individual CBT, WMD -6.9 (95% CI: -11.6 to -2.2), 2 studies, however, this effect was driven by one small study with 29 participants. There was no significant difference in post-treatment HRDS scores between group and individual CBT (2</p>	<p>inclusion criteria were defined.</p> <p>No details of the search strategy were reported.</p> <p>The review process included measures to minimise error and bias, and the methodological quality of included studies was assessed using a checklist designed and trialled by the Joanna Briggs Institute, but results were not reported.</p> <p>The meta-analysis methods used were appropriate.</p>
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				<p>studies), and no study reported HRDS scores at follow-up.</p> <p>Summary estimates derived from the two studies comparing group vs. individual delivery of a structured course on coping with depression indicated that individual therapy was associated with lower post-treatment BDI scores, WMD 3.00 (95% CI: 0.96 to 5.04), however, this difference was not maintained at 1 and 6 month follow-up.</p>	
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Randomised controlled trials

Author (year)	Inclusion criteria	Number of participants	Summary of results	Risk of bias
Dowrick et al (2000)	Participants: Adults, aged 18-65, identified through a community survey as having depressive episodes or adjustment disorders according to the international classification of diseases, 10 th revision, or Diagnostic and Statistical Manual of Mental Disorders, fourth edition. Exclusion Criteria: comorbid psychotic condition; current drug or alcohol related disorder;	n=452 (problem solving treatment 128, group course on prevention of depression)	<p>This trial aimed to compare the acceptability and effectiveness of two community psychological interventions for the treatment of adults with depression.</p> <p>There were no significant between group differences in age, gender distribution, socioeconomic characteristics, diagnosis, or antidepressant use, at baseline. DSM-IV diagnoses were: single major depressive disorders 52%; recurrent major depressive disorders 19%; dysthymia 16%; adjustment</p>	Allocation schedules Were generated by random number tables and administered by staff not

	<p>major suicide risk.</p> <p>Intervention: Individual problem solving treatment</p> <p>Comparator: Group course on prevention of depression or control group</p> <p>Outcome: Completion rates for each intervention, diagnosis of depression, and depressive symptoms and subjective function.</p>	108, control 189)	<p>disorders 4%; others 9%. Twenty-six percent of study participants reported currently taking antidepressants.</p> <p>Follow-up rates were 74% at 6 months and 71% at 12 months; there were no significant differences between the groups.</p> <p>Acceptability: Participants allocated to the individual problem solving intervention were significantly more likely to complete the intervention than those allocated to the group prevention of depression course (chi-squared = 7.61, df = 1, P = 0.006). There were no significant differences in mean BDI score between participants completing an intervention and those refusing to participate.</p> <p>Depressive symptoms: The individual problem solving intervention was associated with significant reductions in BDI (mean -2.63 (95% CI: -4.95 to -0.32), p=0.026) and increases in SF-36 mental role (mean 12.09 (95% CI: 1.17 to 23.01), p=0.03), SF-36 social function (mean 9.57 (95% CI: 2.12 to 17.02), p=0.012) and SF-36 mental health (mean 7.59 (95% CI: 2.26 to 12.92), p=0.005). The group depression prevention course was also associated with significant increases in SF-36 mental role (mean 12.7 (95% CI: 0.46 to 24.94), p=0.042), SF-36 social function (mean 8.66 (95% CI: 0.07 to 17.25), p=0.048) and SF-36 mental health (mean 6.95 (95% CI: 0.76 to 13.14), p=0.028), but no</p>	<p>in contact with the participants.</p> <p>The nature of the interventions precluded blinding of participants and study personnel.</p> <p>Results were reported for all listed outcomes.</p> <p>Analyses were conducted on an intention-to-treat basis.</p>
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			<p>significant change in BDI. None of the observed effects, for either treatment were maintained at 12 months. No between group comparisons were reported.</p> <p>There were no significant differences, between the three groups, in the numbers of participants no longer diagnosed with depression at 12 months follow-up.</p>	
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Risk of bias

Systematic reviews

Author (year)	RISK OF BIAS				
	Inclusion criteria	Searches	Review process	Quality assessment	Synthesis
Huntley et al. (2012)					
Cuijpers et al (2008)					
Lockwood et al (2004)					

Randomised controlled trials

Study	RISK OF BIAS					
	Random allocation	Allocation concealment	Blinding of participants and personnel	Blinding of outcome assessment	Incomplete outcome data	Selective Reporting
Dowrick et al (2000)						

 Low risk

 High risk

 Unclear risk

Search details

Source	Search Strategy	Number of hits	Relevant evidence identified
<i>Guidelines</i>			
NICE	Depression	104	
<i>Systematic Reviews</i>			
CDSR	#1 MeSH descriptor: [Psychotherapy] explode all trees 18598 #2 MeSH descriptor: [Psychotherapy, Group] explode all trees 2806 #3 MeSH descriptor: [Cognitive Therapy] explode all trees 6331 #4 "cognitive behav*" 8755 #5 "psychological therap*" 965 #6 MeSH descriptor: [Depression] explode all trees 6463 #7 "low mood" 166 #8 #1 or #3 or #4 or #5 23185 #9 #6 or #7 6590 #10 "group therap*" 2086 #11 #2 or #10 4404 #12 "individual therap*" 470 #13 #8 and #9 and #11 and #12 26 #14 group or individual 388868 #15 #8 and #9 1691 #16 #15 and #14 1134 Cochrane SR 103 Other SR 78 Central RCT 933	CSR 103 Other SR 78	

EMBASE	<ol style="list-style-type: none"> 1. PsycInfo; exp PSYCHOTHERAPY/; 191460 results. 2. PsycInfo; exp COGNITIVE BEHAVIOR THERAPY/; 15093 results. 3. PsycInfo; "cognitive behav*".ti,ab; 32094 results. 4. PsycInfo; "psychological therap*".ti,ab; 1878 results. 5. PsycInfo; 1 OR 2 OR 3 OR 4; 35745 results. 6. PsycInfo; "DEPRESSION (EMOTION)"/ OR exp MAJOR DEPRESSION/; 127434 results. 7. PsycInfo; depress*.ti,ab; 240338 results. 8. PsycInfo; "low mood".ti,ab; 475 results. 9. PsycInfo; 6 OR 7 OR 8; 246409 results. 10. PsycInfo; GROUP PSYCHOTHERAPY/; 17969 results. 11. PsycInfo; "group psychotherap*".ti,ab; 6354 results. 12. PsycInfo; INDIVIDUAL PSYCHOTHERAPY/; 2863 results. 13. PsycInfo; "individual psychotherap*".ti,ab; 2270 results. 14. PsycInfo; 10 OR 11 OR 12 OR 13; 22941 results. 15. PsycInfo; 5 AND 9; 8464 results. 16. PsycInfo; 14 AND 15; 624 results. 17. EMBASE; exp PSYCHOTHERAPY/; 200162 results. 18. EMBASE; exp COGNITIVE BEHAVIOR THERAPY/; 40775 results. 19. EMBASE; "cognitive behav*".ti,ab; 26614 results. 	85	
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	<p>19. EMBASE; "cognitive behav*".ti,ab; 26614 results.</p> <p>20. EMBASE; "psychological therap*".ti,ab; 2033 results.</p> <p>21. EMBASE; 17 OR 18 OR 19 OR 20; 207274 results.</p> <p>21. EMBASE; 17 OR 18 OR 19 OR 20; 207274 results.</p> <p>21. EMBASE; 17 OR 18 OR 19 OR 20; 207274 results.</p> <p>21. EMBASE; 17 OR 18 OR 19 OR 20; 207274 results.</p> <p>21. EMBASE; 17 OR 18 OR 19 OR 20; 207274 results.</p> <p>22. EMBASE; "DEPRESSION (EMOTION)"/ OR exp MAJOR DEPRESSION/; 44879 results.</p> <p>22. EMBASE; "DEPRESSION (EMOTION)"/ OR exp MAJOR DEPRESSION/; 44879 results.</p> <p>22. EMBASE; "DEPRESSION (EMOTION)"/ OR exp MAJOR DEPRESSION/; 44879 results.</p> <p>22. EMBASE; "DEPRESSION (EMOTION)"/ OR exp MAJOR DEPRESSION/; 44879 results.</p> <p>22. EMBASE; "DEPRESSION (EMOTION)"/ OR exp MAJOR DEPRESSION/; 44879 results.</p> <p>23. EMBASE; depress*.ti,ab; 442237 results.</p> <p>24. EMBASE; "low mood".ti,ab; 742 results.</p> <p>25. EMBASE; 22 OR 23 OR 24; 451322 results.</p> <p>25. EMBASE; 22 OR 23 OR 24; 451322 results.</p> <p>25. EMBASE; 22 OR 23 OR 24; 451322 results.</p> <p>25. EMBASE; 22 OR 23 OR 24; 451322 results.</p> <p>26. EMBASE; GROUP PSYCHOTHERAPY/; 17355 results.</p> <p>26. EMBASE; GROUP PSYCHOTHERAPY/; 17355 results.</p>		
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	<p>synthesis" OR pooled adj2 analysis OR medline AND inclusion adj3 criteria OR "search strateg*" OR "search term*" OR "pooled data" adj6 (studies OR trials)).ti,ab; 16183 results.</p> <p>34. EMBASE; (review adj3 "scientific literature" OR "literature review" adj2 "side effect*" OR "literature review" adj2 "adverse effect*" OR evidence-based adj2 review OR "comprehensive review" OR "critical review" OR "critical analysis" OR "quantitative review" OR "structured review" OR "realist review" OR "realist synthesis" OR pooled adj2 analysis OR medline AND inclusion adj3 criteria OR "search strateg*" OR "search term*" OR "pooled data" adj6 (studies OR trials)).ti,ab; 16183 results.</p> <p>34. EMBASE; (review adj3 "scientific literature" OR "literature review" adj2 "side effect*" OR "literature review" adj2 "adverse effect*" OR evidence-based adj2 review OR "comprehensive review" OR "critical review" OR "critical analysis" OR "quantitative review" OR "structured review" OR "realist review" OR "realist synthesis" OR pooled adj2 analysis OR medline AND inclusion adj3 criteria OR "search strateg*" OR "search term*" OR "pooled data" adj6 (studies OR trials)).ti,ab; 16183 results.</p> <p>34. EMBASE; (review adj3 "scientific literature" OR "literature review" adj2 "side effect*" OR "literature review" adj2 "adverse effect*" OR evidence-based adj2 review OR "comprehensive review" OR "critical review" OR "critical analysis" OR "quantitative review" OR "structured review" OR "realist review" OR "realist synthesis" OR pooled adj2 analysis OR medline AND inclusion adj3 criteria OR "search strateg*" OR "search term*" OR "pooled data" adj6 (studies OR trials)).ti,ab; 16183 results.</p> <p>34. EMBASE; (review adj3 "scientific literature" OR "literature review" adj2 "side effect*" OR "literature review" adj2 "adverse effect*" OR evidence-based adj2 review OR "comprehensive review" OR "critical review" OR "critical analysis" OR "quantitative review" OR "structured review" OR "realist review" OR "realist synthesis" OR pooled adj2 analysis OR medline AND inclusion adj3 criteria OR "search strateg*" OR "search term*" OR "pooled data" adj6 (studies OR trials)).ti,ab; 16183 results.</p> <p>34. EMBASE; (review adj3 "scientific literature" OR "literature review" adj2 "side effect*" OR "literature review" adj2 "adverse effect*" OR evidence-based adj2 review OR "comprehensive review" OR "critical review" OR "critical analysis" OR "quantitative review" OR "structured review" OR "realist review" OR "realist synthesis" OR pooled adj2 analysis OR medline AND inclusion adj3 criteria OR "search strateg*" OR "search term*" OR "pooled data" adj6 (studies OR trials)).ti,ab; 16183 results.</p> <p>34. EMBASE; (review adj3 "scientific literature" OR "literature review" adj2 "side effect*" OR "literature review" adj2 "adverse effect*" OR evidence-based adj2 review OR "comprehensive review" OR "critical review" OR "critical analysis" OR "quantitative review" OR "structured review" OR "realist review" OR "realist synthesis" OR pooled adj2 analysis OR medline AND inclusion adj3 criteria OR "search strateg*" OR "search term*" OR "pooled data" adj6 (studies OR trials)).ti,ab; 16183 results.</p> <p>35. EMBASE; (medline OR pubmed OR cochrane).ti,ab; 145237 results.</p> <p>35. EMBASE; (medline OR pubmed OR cochrane).ti,ab; 145237 results.</p> <p>35. EMBASE; (medline OR pubmed OR cochrane).ti,ab; 145237 results.</p> <p>35. EMBASE; (medline OR pubmed OR cochrane).ti,ab; 145237 results.</p>		
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	<p>35. EMBASE; (medline OR pubmed OR cochrane).ti,ab; 145237 results.</p> <p>35. EMBASE; (medline OR pubmed OR cochrane).ti,ab; 145237 results.</p> <p>36. EMBASE; (medline OR pubmed OR cochrane OR embase OR cinahl OR psychlit OR psylit OR psycinfo OR psychinfo OR lilacs OR literature adj3 search* OR database* adj3 search* OR bibliographic adj3 search* OR electronic adj3 search* OR electronic adj3 database* OR computerized adj3 search* OR computerised adj3 search* OR internet adj3 search* OR "included studies" OR inclusion adj3 studies Or "inclusion criteria" OR "selection criteria" OR "predefined criteria" OR predetermined adj2 criteria OR assess* adj3 (quality OR validity) OR select* adj3 (study OR studies) OR data adj3 extract*).ti,ab; 48382 results.</p> <p>36. EMBASE; (medline OR pubmed OR cochrane OR embase OR cinahl OR psychlit OR psylit OR psycinfo OR psychinfo OR lilacs OR literature adj3 search* OR database* adj3 search* OR bibliographic adj3 search* OR electronic adj3 search* OR electronic adj3 database* OR computerized adj3 search* OR computerised adj3 search* OR internet adj3 search* OR "included studies" OR inclusion adj3 studies Or "inclusion criteria" OR "selection criteria" OR "predefined criteria" OR predetermined adj2 criteria OR assess* adj3 (quality OR validity) OR select* adj3 (study OR studies) OR data adj3 extract*).ti,ab; 48382 results.</p> <p>36. EMBASE; (medline OR pubmed OR cochrane OR embase OR cinahl OR psychlit OR psylit OR psycinfo OR psychinfo OR lilacs OR literature adj3 search* OR database* adj3 search* OR bibliographic adj3 search* OR electronic adj3 search* OR electronic adj3 database* OR computerized adj3 search* OR computerised adj3 search* OR internet adj3 search* OR "included studies" OR inclusion adj3 studies Or "inclusion criteria" OR "selection criteria" OR "predefined criteria" OR predetermined adj2 criteria OR assess* adj3 (quality OR validity) OR select* adj3 (study OR studies) OR data adj3 extract*).ti,ab; 48382 results.</p> <p>37. EMBASE; SYSTEMATIC REVIEW/; 104806 results.</p> <p>38. EMBASE; META ANALYSIS/; 107437 results.</p> <p>39. EMBASE; ("extracted data" OR data adj2 abstracted OR data adj3 abstraction OR "published intervention*" OR (study OR studies) adj2 evaluat* OR intervention* adj2 evaluat* OR "confidence interval*" OR heterogeneity OR pooled OR pooling OR "odds ratio*" OR Jadad OR coding).ti,ab; 941689 results.</p> <p>39. EMBASE; ("extracted data" OR data adj2 abstracted OR data adj3 abstraction OR "published intervention*" OR (study OR studies) adj2 evaluat* OR intervention* adj2 evaluat* OR "confidence interval*")</p>		
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	<p>OR heterogeneity OR pooled OR pooling OR "odds ratio*" OR Jadad OR coding).ti,ab; 941689 results.</p> <p>39. EMBASE; ("extracted data" OR data adj2 abstracted OR data adj3 abstraction OR "published intervention*" OR (study OR studies) adj2 evaluat* OR intervention* adj2 evaluat* OR "confidence interval*" OR heterogeneity OR pooled OR pooling OR "odds ratio*" OR Jadad OR coding).ti,ab; 941689 results.</p> <p>39. EMBASE; ("extracted data" OR data adj2 abstracted OR data adj3 abstraction OR "published intervention*" OR (study OR studies) adj2 evaluat* OR intervention* adj2 evaluat* OR "confidence interval*" OR heterogeneity OR pooled OR pooling OR "odds ratio*" OR Jadad OR coding).ti,ab; 941689 results.</p> <p>39. EMBASE; ("extracted data" OR data adj2 abstracted OR data adj3 abstraction OR "published intervention*" OR (study OR studies) adj2 evaluat* OR intervention* adj2 evaluat* OR "confidence interval*" OR heterogeneity OR pooled OR pooling OR "odds ratio*" OR Jadad OR coding).ti,ab; 941689 results.</p> <p>39. EMBASE; ("extracted data" OR data adj2 abstracted OR data adj3 abstraction OR "published intervention*" OR (study OR studies) adj2 evaluat* OR intervention* adj2 evaluat* OR "confidence interval*" OR heterogeneity OR pooled OR pooling OR "odds ratio*" OR Jadad OR coding).ti,ab; 941689 results.</p> <p>39. EMBASE; ("extracted data" OR data adj2 abstracted OR data adj3 abstraction OR "published intervention*" OR (study OR studies) adj2 evaluat* OR intervention* adj2 evaluat* OR "confidence interval*" OR heterogeneity OR pooled OR pooling OR "odds ratio*" OR Jadad OR coding).ti,ab; 941689 results.</p> <p>40. EMBASE; evidence-based.ti,ab; 91863 results.</p> <p>41. EMBASE; 35 OR 36 OR 39 OR 40; 1138092 results.</p> <p>41. EMBASE; 35 OR 36 OR 39 OR 40; 1138092 results.</p> <p>41. EMBASE; 35 OR 36 OR 39 OR 40; 1138092 results.</p> <p>41. EMBASE; 35 OR 36 OR 39 OR 40; 1138092 results.</p> <p>41. EMBASE; 35 OR 36 OR 39 OR 40; 1138092 results.</p> <p>41. EMBASE; 35 OR 36 OR 39 OR 40; 1138092 results.</p> <p>42. EMBASE; 33 OR 34 OR 37 OR 38; 184734 results.</p> <p>42. EMBASE; 33 OR 34 OR 37 OR 38; 184734 results.</p> <p>42. EMBASE; 33 OR 34 OR 37 OR 38; 184734 results.</p> <p>42. EMBASE; 33 OR 34 OR 37 OR 38; 184734 results.</p> <p>42. EMBASE; 33 OR 34 OR 37 OR 38; 184734 results.</p> <p>42. EMBASE; 33 OR 34 OR 37 OR 38; 184734 results.</p> <p>42. EMBASE; 33 OR 34 OR 37 OR 38; 184734 results.</p> <p>43. EMBASE; review.ti; 356487 results.</p>		
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	<p>43. EMBASE; review.ti; 356487 results. 43. EMBASE; review.ti; 356487 results. 44. EMBASE; 41 AND 43; 72399 results. 45. EMBASE; (review* adj8 (papers OR trials) OR trial AND data OR studies OR evidence OR intervention* OR evaluation* OR outcome* OR findings OR retriev* adj8 (papers OR trials OR studies OR evidence OR intervention* OR evaluation* OR outcome* OR findings)).ti,ab; 7627447 results. 45. EMBASE; (review* adj8 (papers OR trials) OR trial AND data OR studies OR evidence OR intervention* OR evaluation* OR outcome* OR findings OR retriev* adj8 (papers OR trials OR studies OR evidence OR intervention* OR evaluation* OR outcome* OR findings)).ti,ab; 7627447 results. 45. EMBASE; (review* adj8 (papers OR trials) OR trial AND data OR studies OR evidence OR intervention* OR evaluation* OR outcome* OR findings OR retriev* adj8 (papers OR trials OR studies OR evidence OR intervention* OR evaluation* OR outcome* OR findings)).ti,ab; 7627447 results. 46. EMBASE; 42 OR 44 OR 45; 0 results. 46. EMBASE; 42 OR 44 OR 45; 0 results. 46. EMBASE; 42 OR 44 OR 45; 0 results. 46. EMBASE; 42 OR 44 OR 45; 0 results. 46. EMBASE; 42 OR 44 OR 45; 0 results. 46. EMBASE; 42 OR 44 OR 45; 0 results. 47. EMBASE; (letter OR editorial).pt; 1428496 results. 47. EMBASE; (letter OR editorial).pt; 1428496 results. 48. EMBASE; 46 NOT 47; 0 results. 49. EMBASE; NONHUMAN/; 4729729 results. 49. EMBASE; NONHUMAN/; 4729729 results.</p>		
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	<p>49. EMBASE; NONHUMAN/; 4729729 results. 49. EMBASE; NONHUMAN/; 4729729 results. 50. EMBASE; ANIMAL/; 1751600 results. 51. EMBASE; 49 OR 50; 6464476 results. 52. EMBASE; exp HUMAN/; 16981400 results. 53. EMBASE; 51 not 52; 5008150 results. 54. EMBASE; 48 not 53; 6385670 results. 54. EMBASE; 48 not 53; 6385670 results. 54. EMBASE; 48 not 53; 6385670 results. 55. EMBASE; "conference abstract".pt; 2207103 results. 56. EMBASE; 54 NOT 55; 5165119 results. 56. EMBASE; 54 NOT 55; 5165119 results. 56. EMBASE; 54 NOT 55; 5165119 results. 57. EMBASE; 32 [Limit to: (Publication Types Review)]; 314 results. 58. EMBASE; 32 [Limit to: (EBM-Evidence Based Medicine Evidence Based Medicine or Meta Analysis or Systematic Review) and (Publication Types Review)];</p>		
PsycINFO/CINAHL	<p>PsycInfo; exp PSYCHOTHERAPY/; 191460 results. 2. PsycInfo; exp COGNITIVE BEHAVIOR THERAPY/; 15093 results. 3. PsycInfo; "cognitive behav*".ti,ab; 32094 results. 4. PsycInfo; "psychological therap*".ti,ab; 1878 results.</p>	36	

	<p>5. PsycInfo; 1 OR 2 OR 3 OR 4; 35745 results.</p> <p>6. PsycInfo; "DEPRESSION (EMOTION)"/ OR exp MAJOR DEPRESSION/; 127434 results.</p> <p>7. PsycInfo; depress*.ti,ab; 240338 results.</p> <p>8. PsycInfo; "low mood".ti,ab; 475 results.</p> <p>9. PsycInfo; 6 OR 7 OR 8; 246409 results.</p> <p>10. PsycInfo; GROUP PSYCHOTHERAPY/; 17969 results.</p> <p>11. PsycInfo; "group psychotherap*".ti,ab; 6354 results.</p> <p>12. PsycInfo; INDIVIDUAL PSYCHOTHERAPY/; 2863 results.</p> <p>13. PsycInfo; "individual psychotherap*".ti,ab; 2270 results.</p> <p>14. PsycInfo; 10 OR 11 OR 12 OR 13; 22941 results.</p> <p>15. PsycInfo; 5 AND 9; 8464 results.</p> <p>16. PsycInfo; 14 AND 15; 624 results.</p> <p>17. PsycInfo; ((systematic* adj1 review*) OR meta-analytic* OR metaanalysis OR metaanalysis OR (meta adj1 analysis) OR meta-synthesis OR metasynthesis OR (meta adj1 synthesis) OR meta-regression OR . AND metaregression OR (meta adj1 regression) OR (synthes* adj3 literature) OR (synthes* adj3 evidence) OR (integrative adj1 review) OR (data adj1 synthesis) OR (research adj1 synthesis) OR (narrative adj1 synthesis) OR (systematic adj1 study) OR (systematic adj1 studies)).ti,ab; 45792 results.</p> <p>18. PsycInfo; meta-analysis.ti,ab,pt; 17857 results.</p> <p>18. PsycInfo; meta-analysis.ti,ab,pt; 17857 results.</p> <p>19. PsycInfo; ((systematic adj1 comparison*) OR (systematic adj1 overview*) OR (evidence based review) OR (comprehensive adj1 review) OR (critical adj1 review) OR (quantitative adj1 review) OR (structured adj1 review) OR (realist adj1 review) OR (realist adj1 synthesis)).ti,ab; 24178 results.</p> <p>20. PsycInfo; 17 OR 18 OR 19; 65457 results.</p> <p>20. PsycInfo; 17 OR 18 OR 19; 65457 results.</p> <p>21. PsycInfo; review.pt; 118347 results.</p> <p>22. PsycInfo; ((predefined adj1 criteria) OR (assess* adj3 (quality OR validity)) OR (select* adj3 (study OR studies)) OR (data adj3 extract*) OR (extracted adj1 data) OR (data adj2 abstracted) OR (data adj3</p>		
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	<p>abstraction) OR (published adj1 intervention) OR ((study OR studies) adj2 evaluat*) OR (intervention* adj2 evaluat*) OR (confidence adj1 interval) OR heterogeneity OR pooled OR pooling OR (odds adj1 ratio*) OR Jadad OR coding).ti,ab; 148998 results.</p> <p>23. PsycInfo; (medline OR pubmed OR cochrane OR embase OR cinahl OR psyclit OR psycinfo OR psychlit OR psychinfo OR (literature adj3 search*) OR (database* adj3 search*) OR (bibliographic adj3 search*) OR (electronic adj3 search*) OR (electronic adj3 database*) OR (computerized adj3 search*) OR (computerised adj3 search*) OR (internet adj3 search*) OR (included adj1 studies) OR (inclusion adj3 studies) OR (inclusion adj1 criteria) OR (selection adj1 criteria) OR (selection adj1 criteria) OR (predetermined criteria)).ti,ab; 3820511 results.</p> <p>23. PsycInfo; (medline OR pubmed OR cochrane OR embase OR cinahl OR psyclit OR psycinfo OR psychlit OR psychinfo OR (literature adj3 search*) OR (database* adj3 search*) OR (bibliographic adj3 search*) OR (electronic adj3 search*) OR (electronic adj3 database*) OR (computerized adj3 search*) OR (computerised adj3 search*) OR (internet adj3 search*) OR (included adj1 studies) OR (inclusion adj3 studies) OR (inclusion adj1 criteria) OR (selection adj1 criteria) OR (selection adj1 criteria) OR (predetermined criteria)).ti,ab; 3820511 results.</p> <p>24. PsycInfo; 21 OR 22 OR 23; 3821421 results.</p> <p>24. PsycInfo; 21 OR 22 OR 23; 3821421 results.</p> <p>25. PsycInfo; 20 AND 24; 65123 results.</p> <p>26. PsycInfo; review.ti; 129259 results.</p> <p>26. PsycInfo; review.ti; 129259 results.</p> <p>26. PsycInfo; review.ti; 129259 results.</p> <p>27. PsycInfo; 24 AND 26; 128728 results.</p> <p>28. PsycInfo; (review* adj4 (papers OR trials OR studies OR evidence OR intervention* OR evaluation*)).ti,ab; 55925 results.</p> <p>28. PsycInfo; (review* adj4 (papers OR trials OR studies OR evidence OR intervention* OR evaluation*)).ti,ab; 55925 results.</p> <p>28. PsycInfo; (review* adj4 (papers OR trials OR studies OR evidence OR intervention* OR evaluation*)).ti,ab;</p>		
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	<p>55925 results.</p> <p>29. PsycInfo; 20 OR 25 OR 27 OR 28; 205723 results.</p> <p>30. PsycInfo; (letter OR editorial OR comment).pt; 165236 results.</p> <p>30. PsycInfo; (letter OR editorial OR comment).pt; 165236 results.</p> <p>30. PsycInfo; (letter OR editorial OR comment).pt; 165236 results.</p> <p>31. PsycInfo; exp ANIMALS/; 301993 results.</p> <p>32. PsycInfo; human.ti,ab; 263678 results.</p> <p>32. PsycInfo; human.ti,ab; 263678 results.</p> <p>33. PsycInfo; 31 not 32; 279765 results.</p> <p>33. PsycInfo; 31 not 32; 279765 results.</p> <p>34. PsycInfo; 30 not 33; 161009 results.</p> <p>34. PsycInfo; 30 not 33; 161009 results.</p> <p>35. PsycInfo; 29 not 34; 198607 results.</p> <p>35. PsycInfo; 29 not 34; 198607 results.</p> <p>36. PsycInfo; META ANALYSIS/; 16002 results.</p> <p>36. PsycInfo; META ANALYSIS/; 16002 results.</p> <p>37. PsycInfo; 35 OR 36; 199179 results.</p> <p>38. PsycInfo; 16 AND 37; 36 results.</p>		
CINAHL	<p>1. CINAHL; exp PSYCHOTHERAPY/; 95501 results.</p> <p>2. CINAHL; exp COGNITIVE THERAPY/; 9112 results.</p> <p>3. CINAHL; "cognitive behav*".ti,ab; 5240 results.</p> <p>4. CINAHL; 1 OR 2 OR 3; 97080 results.</p> <p>5. CINAHL; DEPRESSION/; 47393 results.</p> <p>6. CINAHL; depress*.ti,ab; 54985 results.</p> <p>7. CINAHL; "low mood".ti,ab; 131 results.</p> <p>8. CINAHL; 5 OR 6 OR 7; 70755 results.</p> <p>9. CINAHL; (group OR individual).ti,ab; 366840 results.</p> <p>10. CINAHL; PSYCHOTHERAPY, GROUP/; 2675 results.</p>	90	

	<p>11. CINAHL; (group OR individual ADJ therapy).ti,ab; 270538 results.</p> <p>12. CINAHL; 9 AND 10 AND 11; 1894 results.</p> <p>13. CINAHL; 4 AND 8 AND 12; 331 results.</p> <p>14. CINAHL; SYSTEMATIC REVIEW/; 25475 results.</p> <p>15. CINAHL; 13 AND 14; 7 results.</p> <p>16. CINAHL; exp CLINICAL TRIALS/; 134182 results.</p> <p>17. CINAHL; 13 AND 16; 90 results.</p>		
<i>Primary Studies</i>			
CINAHL	<p>1. CINAHL; exp PSYCHOTHERAPY/; 95501 results.</p> <p>2. CINAHL; exp COGNITIVE THERAPY/; 9112 results.</p> <p>3. CINAHL; "cognitive behav*".ti,ab; 5240 results.</p> <p>4. CINAHL; 1 OR 2 OR 3; 97080 results.</p> <p>5. CINAHL; DEPRESSION/; 47393 results.</p> <p>6. CINAHL; depress*.ti,ab; 54985 results.</p> <p>7. CINAHL; "low mood".ti,ab; 131 results.</p> <p>8. CINAHL; 5 OR 6 OR 7; 70755 results.</p> <p>9. CINAHL; (group OR individual).ti,ab; 366840 results.</p> <p>10. CINAHL; PSYCHOTHERAPY, GROUP/; 2675 results.</p> <p>11. CINAHL; (group OR individual ADJ therapy).ti,ab; 270538 results.</p> <p>12. CINAHL; 9 AND 10 AND 11; 1894 results.</p> <p>13. CINAHL; 4 AND 8 AND 12; 331 results.</p> <p>14. CINAHL; SYSTEMATIC REVIEW/; 25475 results.</p> <p>15. CINAHL; 13 AND 14; 7 results.</p> <p>16. CINAHL; exp CLINICAL TRIALS/; 134182 results.</p> <p>17. CINAHL; 13 AND 16; 90 results.</p>	90	
PsycINFO	<p>1. PsycInfo; exp PSYCHOTHERAPY/; 191460 results.</p> <p>2. PsycInfo; exp COGNITIVE BEHAVIOR THERAPY/; 15093 results.</p> <p>3. PsycInfo; "cognitive behav*".ti,ab; 32094 results.</p> <p>4. PsycInfo; "psychological therap*".ti,ab; 1878 results.</p> <p>5. PsycInfo; 1 OR 2 OR 3 OR 4; 35745 results.</p> <p>6. PsycInfo; "DEPRESSION (EMOTION)"/ OR exp MAJOR DEPRESSION/; 127434 results.</p>	331	

	<p>7. PsycInfo; depress*.ti,ab; 240338 results. 8. PsycInfo; "low mood".ti,ab; 475 results. 9. PsycInfo; 6 OR 7 OR 8; 246409 results. 10. PsycInfo; GROUP PSYCHOTHERAPY/; 17969 results. 11. PsycInfo; "group psychotherap*".ti,ab; 6354 results. 12. PsycInfo; INDIVIDUAL PSYCHOTHERAPY/; 2863 results. 13. PsycInfo; "individual psychotherap*".ti,ab; 2270 results. 14. PsycInfo; 10 OR 11 OR 12 OR 13; 22941 results. 15. PsycInfo; 5 AND 9; 8464 results. 16. PsycInfo; 14 AND 15; 624 results. 17. PsycInfo; random*.ti,ab; 152626 results. 18. PsycInfo; (doubl* ADJ blind*).ti,ab; 20285 results. 19. PsycInfo; (singl* ADJ blind*).ti,ab; 1850 results. 20. PsycInfo; RANDOMIZED CONTROLLED TRIAL/; 960 results. 21. PsycInfo; groups.ti,ab; 407729 results. 22. PsycInfo; exp EXPERIMENTAL DESIGN/; 51347 results. 23. PsycInfo; controlled.ti,ab; 94352 results. 24. PsycInfo; (clinical adj3 study).ti,ab; 12667 results. 25. PsycInfo; trial.ti,ab; 80700 results. 26. PsycInfo; 17 OR 18 OR 19 OR 20 OR 21 OR 22 OR 23 OR 24 OR 25; 660650 results. 27. PsycInfo; 16 AND 26; 331 results.</p>		
CENTRAL	<p>#1 MeSH descriptor: [Psychotherapy] explode all trees 18598 #2 MeSH descriptor: [Psychotherapy, Group] explode all trees 2806 #3 MeSH descriptor: [Cognitive Therapy] explode all trees 6331 #4 "cognitive behav*" 8755 #5 "psychological therap*" 965 #6 MeSH descriptor: [Depression] explode all trees 6463 #7 "low mood" 166 #8 #1 or #3 or #4 or #5 23185 #9 #6 or #7 6590</p>	933	

	#10	"group therap*"	2086		
	#11	#2 or #10	4404		
	#12	"individual therap*"	470		
	#13	#8 and #9 and #11 and #12	26		
	#14	group or individual	388868		
	#15	#8 and #9	1691		
	#16	#15 and #14	1134		

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