



Title Self-Directed Cognitive Behavioral Therapy for Adults with Diagnosis of Depression: Systematic Review of Clinical Effectiveness, Cost-Effectiveness, and Guidelines

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Aim

To determine clinical and cost effectiveness and identify the evidence-based guidelines for using self-directed cognitive behavioral (CBT) therapy in treating adults diagnosed with depression.

Conclusions and results

Overall, the reviewed evidence indicated that self-directed CBT improved the clinical ratings of depressive symptoms, and that it could be a cost-effective therapy option for individuals with mild to moderate depression. Given the limited evidence, it was uncertain whether self-directed CBT was effective in everyone with depression, eg, those with more severe depressive symptoms. Also, it was uncertain whether one form of self-directed CBT was superior to another form of self-directed CBT. This report does not explore factors that optimize the outcomes of self-directed CBT (eg, degree of assistance).

Methods

A literature search encompassed key health technology assessment resources, international health technology agencies, and a focused Internet search. The search was limited to clinical articles published in English. No filters were used to limit retrieval by study type. Grey literature was also searched. Two authors selected articles for inclusion. Any disagreements were resolved through discussion until consensus was achieved.