

## Evidence- based best practice guidelines

The implementation of Beating the Blues® in New Zealand is consistent with guidance in *Identification of Common Mental Disorders and Management of Depression in Primary Care* (New Zealand Guidelines Group, 2008).

Specifically, guideline key messages include the following:

- use of self-management strategies for depression should be encouraged and supported by practitioners
- psychological and pharmacological therapies are equally effective for treating adults with moderate depression, on the basis of current evidence
- brief psychological interventions for depression, such as structured problem-solving therapy, should be available in the Primary Care setting.

The 2008 guideline evidence summary on guided self-help also states: that computerised CBT may be effective for the treatment of mild and moderate depression; that web-based self-management interventions may be useful for treating depressive symptoms in primary care patients; and that practitioners consider providing guidance on sites supported by some evidence of efficacy. For further information on the guideline see also [Stepped Care Approach](#).