

Appendix 3. Glossary

- **Beck Depression Inventory (BDI):** a self-evaluation scale that fundamentally assesses the clinical symptoms of melancholia and intrusive thoughts present in depression.
- **Chronic depression:** major depression in which diagnostic criteria are met for two or more years.
- **Electroconvulsive therapy:** a technique that consists of inducing, for a therapeutic purpose, generalised seizure activity through electrical stimulation of the central nervous system.
- **Full remission:** period of time in which the patient is asymptomatic, thereby taking into account that it does not mean the total absence of symptoms. HAM-D 17 below 7, BDI below 8 and a duration of less than 6 months are used as operational diagnostic criteria.
- **Guided self-help:** it uses self-help materials in conjunction with minimum guidance offered by a professional in order to monitor progress, clarify procedures, respond to general questions or provide general support or stimulus.
- **Hamilton Rating Scale for Depression (HAM-D):** an observer-rated scale designed to measure the intensity or severity of depression. It is one of the most-used scales for monitoring the evolution of symptoms in clinical practice and in research.
- **Major depression:** a syndrome or group of symptoms where there is a predominance of affective symptoms (pathological sadness, lassitude, irritability, subjective feeling of distress and impotence in the face of life's demands) although, to a greater or lesser extent, symptoms of a cognitive, volitional or even somatic type are present, wherefore we could also talk about an overall impairment of the psychic life, with special emphasis on the affective sphere.
- **Mesh:** also called *Medical Subject Heading*, it is the controlled vocabulary that is used by Medline and other biomedical databases for processing the information that is entered in each database. It consists of over 33,000 terms ordered by hierarchical structures called trees, which are reviewed annually to assure that they constitute a true reflection of current medical practice and terminology.
- **Mindfulness:** a variation of cognitive behavioural therapy that prioritises attention to experience. It attempts to get depressed persons to be aware of their negative thoughts but without rejecting them. With this approach, it is hypothesised that a person will feel differently about their negative thoughts without focussing on changing the content of the same.
- **Montgomery-Asberg Depression Rating Scale (MADRS):** an observer-rated scale that consists of 10 items that evaluate the symptoms and severity of depression, obtained based on the *Comprehensive Psychopathological Rating Scale*. The scale must be administered by a clinician, and there are self-applied versions.

- **Mutual support group:** a group specifically created to help its members face a critical life situation, such as chronically mental ill persons, and to inform, guideline and support relatives, thereby offering resources for supporting the anxiety and bearing the prejudices linked to the ignorance of certain illnesses. These groups work autonomously and arise in society when formal healthcare organisations do not satisfy certain needs.
- **Partial remission:** a period in which considerable improvement is observed, but in which the presence of somewhat more than minimum symptoms persist.
- **Recovery:** remission above a certain period of time in which a patient is asymptomatic and only has one or two mild symptoms. The term is usually used to designate recovery of the episode and not of the illness.
- **Recurrence:** the appearance of a new episode in a recovered patient.
- **Relapse:** worsening of an apparently controlled episode, until diagnostic level criteria are reached again, which occurs during remission and before recovery.
- **Resistant depression:** NICE defines it as depression whose symptoms remain after two or more treatment trials with antidepressants, and it considers those patients who do not respond to a single treatment trial to be non-responders in acute treatment²¹. Following more restrictive criteria, other authors define resistant depression as the failure to reach remission after a suitable treatment trial with three different classes of antidepressants in suitable doses and time.
- **Response to treatment:** a decrease of 50% or more in the baseline score of the depression, measured by standardised depression scales. If the reduction is between 25 and 49% of the initial score, this would be a partial response, and if it is less than 25%, no response.
- **Self-help:** training of patients on the pertinent skills for overcoming and managing their health problem. It includes the use of written materials, computer programmes or material recorded in audio/video.
- **Support groups:** they are usually created by a professional and consist of people who share some type of problem that alters or modifies aspects of their normal functioning. Occasionally, these groups can be guided by paraprofessionals who are trained or supervised by professionals, who are defined as mental health workers, paid or volunteers, without training regarding psychological treatment for anxiety and depression, and who substitute professionals in treating patients with these disorders.