

2. Scope and objectives

The development of this clinical practice guideline on the management of depression in adults is justified by the demand generated from various areas of the health system that are involved in taking care of this pathology, at both the healthcare level and at the service management level, in view of both the health and social magnitude of the problem.

This guideline has been developed with the objective of offering recommendations to professionals for taking care of patients with depression, developing indicators that can be used to evaluate the practice of professionals and helping patients to make informed decisions. These recommendations have been developed by a multi-disciplinary team formed by professionals who are involved in caring for these types of patients and who, prior to developing the work, have filled out a declaration of interests (see the corresponding appendix of the complete version of this guideline).

The **main users** at whom the guideline is directed are all those health professionals involved in the management of depression, as well as patients and carers.

The **objectives** of this clinical practice guideline are:

- ~ Improve the healthcare given to patients with depression in the field of primary health care and hospital care.
- ~ To provide recommendations to health professionals for caring for patients with depression.
- ~ To develop indicators that can be used to assess the practice of professionals.
- ~ Help patients to make informed decisions.

The CPG **includes** the following:

- ~ The care that patients with depression can expect to receive from health professionals within the healthcare system.
- ~ The information that they can expect to receive about their problem and the treatment, including pharmacological therapy, psychotherapy and electroconvulsive treatment.

Conversely, the CPG **does not include** recommendations about:

- ~ The organisation of healthcare services.
- ~ Depression in childrens under 18 years and puerperal depression.
- ~ Dysthymia and bipolar and adjustment disorders.
- ~ Transcranial magnetic stimulation, vagus nerve stimulation and phototherapy as treatments for depression.