



## Brief Psychotherapy for Depression in Primary Care: A Systematic Review of the Evidence

By U S Department of Veterans Affairs, Health Services Research Deve Service

Createspace, United States, 2013. Paperback. Book Condition: New. 279 x 216 mm. Language: English . Brand New Book \*\*\*\*\* Print on Demand \*\*\*\*\*.Depressive disorders present a major public health concern. The prevalence of current depression among U.S. adults is 6.6 , affecting up to 16 to 18 of the population over their lifetime. High prevalence rates have also been noted in the Veteran population, and particularly high rates have been found in primary care settings. Although primary care physicians treat a high proportion of patients with depressive disorders, the treatment of depression in primary care tends to be variable and suboptimal. Because of this, it is a public health priority to identify treatments for depression that are effective, evidence-based, and suitable for dissemination in primary care. Despite persuasive evidence of effectiveness for both pharmacotherapy and psychotherapy in the treatment of depression, medication remains by far the most commonly utilized intervention in primary care settings. However, there has been a growing interest in and commitment to the integration of psychotherapy and other mental health services into primary care settings, perhaps most notably within the Veterans Health Administration. Providing primary care patients with the option of receiving psychotherapy for their depression is...



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