



## **IPT-UK review of NICE guidelines for depression in children and young people (2019)**

NICE have recently updated their guidelines on treatment recommendations for depression in children and young people (2019). There are changes to recommendations for the provision of first line psychological interventions, including IPT, which are summarised below, alongside IPT-UK's clinical recommendations for our membership.

### **NICE (2019): 5-18 year olds with mild depression:**

- Digital CBT; Group CBT, Group Non-Directive Supportive Therapy or Group IPT.
- If these options do not meet the child's needs or are unsuitable attachment based family therapy or individual CBT could be considered.

### **IPT-UK clinical recommendations: 5-11 year olds with mild depression**

NICE have made the recommendations for 5-11 year olds due to a lack of evidence base in this age range, therefore have replicated the recommendations made for 12-18 year olds. As the national accrediting body of IPT in the UK, we would like to highlight that there is currently no manualised approach or research supporting the use of IPT group for 5-11 year olds. As a group of IPT experts, we would instead be advising our IPT-UK accredited practitioners to clinically consider the use of Family Based IPT (Dietz, Mufson and Weinber, 2018) for this client group, which is more developmentally appropriate for this age range, while encouraging the research community to explore different modalities of IPT for this age range.

### **IPT-UK clinical recommendations: 12-18 year olds with mild depression**

IPT-UK would like to highlight that the majority of evidence taken into consideration to make the recommendation for Group IPT is based on Interpersonal Psychotherapy-Adolescent Skills Training (IPT-AST: Young, Mufson and Schueler, 2016). This is a preventative school based approach for teenagers who do not meet threshold for depression. However as a group of clinical experts, we would recommend this as the most suitable manualised group based approach to consider for this clinical group, particular due to the NICE recommendations that this should take place in school settings outwith CAMHS.

### **NICE (2019): 5-11 year olds with moderate to severe depression:**

- Family Based IPT, Family Therapy, Psychodynamic Psychotherapy or Individual CBT.

### **IPT-UK: 5-11 year olds with moderate to severe depression**

We welcome this introduction to NICE guidelines and would advise our IPT-UK accredited practitioners to use manualised Family Based IPT (Dietz, Mufson and Weinber, 2018).

### **NICE (2019) recommendations: 12-18 years moderate to severe depression:**

- Individual CBT for at least 3 months.
- If CBT does not meet clinical need or is unsuitable consider IPT-A, Family Therapy, Brief Psychosocial Intervention or Psychodynamic Psychotherapy. .

### **IPT-UK clinical recommendations: 12-18 year olds with moderate to severe depression**

As a committee we are disappointed the IPT-A is not recommended as a first line intervention, however acknowledge that there is substantially more CBT efficacy research. We would like to reassure our IPT-A practitioners a recent meta-analysis (Duffy, Sharpe and Schwannauer, 2019) has highlighted no significant difference between CBT and IPT-A in post intervention depression in adolescents, albeit on a small number of trials and more robust RCT's are needed in this area.

### **Relevant manuals**

Dietz, L.J., Mufson, L., & Weinber, R.B. (2018). Family-based Interpersonal Psychotherapy for Depressed Preadolescents. ISBN: 9780190640033

Mufson, L.H., Pollack Dorta, K., Moreau, D., & Weissman, M.M. (2011). Interpersonal Psychotherapy for Depressed Adolescents, Second Edition. ISBN: 978-1609182267

Young, J.F., Mufson, L., & Schueler, C.M. (2016). Preventing Adolescent Depression: Interpersonal Psychotherapy – Adolescent Skills Training.