

## Guidelines for the Management of Adolescent Depression - Primary Care (GLAD-PC)

Major depression in adolescents is recognized as a serious psychiatric illness with extensive acute and chronic morbidity and mortality. The prevalence rate is estimated to be 6-8%, and depression is associated with a recurrence rate of 60-80% by the end of adolescence. One of the major barriers to appropriate management in primary care is the relative lack of evidence from controlled treatment trials for this disorder. A group of North American experts have worked together over the last 2 years to develop guidelines to aid in the management of depression in adolescents in primary care particularly in view of access barriers to specialty mental health care and the increasing frequency with which primary care providers are tasked to manage adolescent depression.

A crucial component of the project took place at the New York Academy of Medicine in July 2004. Under the leadership of Dr. Peter Jensen, Director of the Centre for the Advancement of Children's Mental Health and with the sponsorship of University of Toronto, New York Children's Health Forum, and the American Academy of Pediatrics New York Chapter 3, the consensus workshop gathered over 80 experts in adolescent health and depression from North America. Published data from the literature, unpublished high quality research currently in process of publication, and the results of an expert survey guided the discussion and consensus process. Based on feedback from the workshop, management guidelines will be developed for publication.

### Official Sponsors

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