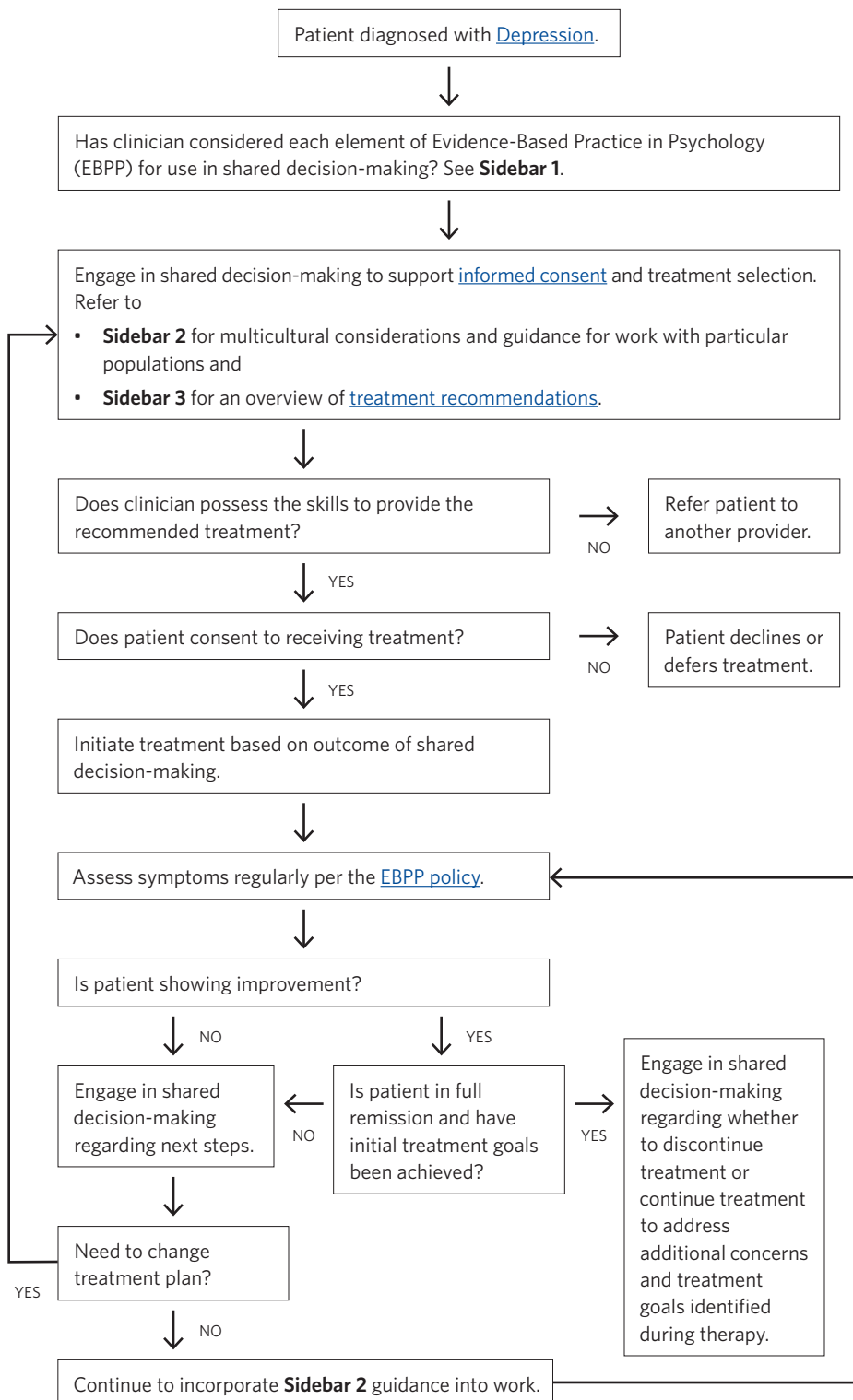


Decision-Making Within Evidence-Based Practice in Psychology

Using the APA Clinical Practice Guideline for the Treatment of Depression in Adults



SIDEBAR 1

EVIDENCE-BASED PRACTICE IN PSYCHOLOGY (EBPP) ELEMENTS

1. Best available research
(See [Recommendations section](#) as starting point).
2. Clinical expertise.
3. Patients' characteristics, values, and context.

SIDEBAR 2

ADDITIONAL GUIDANCE FROM APA'S GUIDELINES FOR PARTICULAR POPULATIONS

- [EBPP Policy](#)
- [Multicultural guidelines](#)
- [Race and Ethnicity](#)
- [Boys and men](#)
- [Girls and women](#)
- [Sexual Minority Persons](#)
- [Transgender and gender nonconforming](#)
- [Persons with disabilities](#)
- [Persons with low-income and economic marginalization](#)
- [Additional guidance](#)

SIDEBAR 3

EMPIRICALLY SUPPORTED TREATMENT RECOMMENDATIONS

- **Recommend** behavioral therapy, cognitive therapy, cognitive-behavioral therapy (CBT), interpersonal psychotherapy (IPT), mindfulness-based cognitive therapy, psychodynamic therapy, or supportive therapy.
- **Recommend** second-generation antidepressant medications (ADMs).
- If considering combined treatment, **recommend** CBT or IPT plus a second-generation ADM.

To view the full set of recommendations, including conditional recommendations and recommendations against treatments, please refer to [Table 3](#) of the full guideline document.