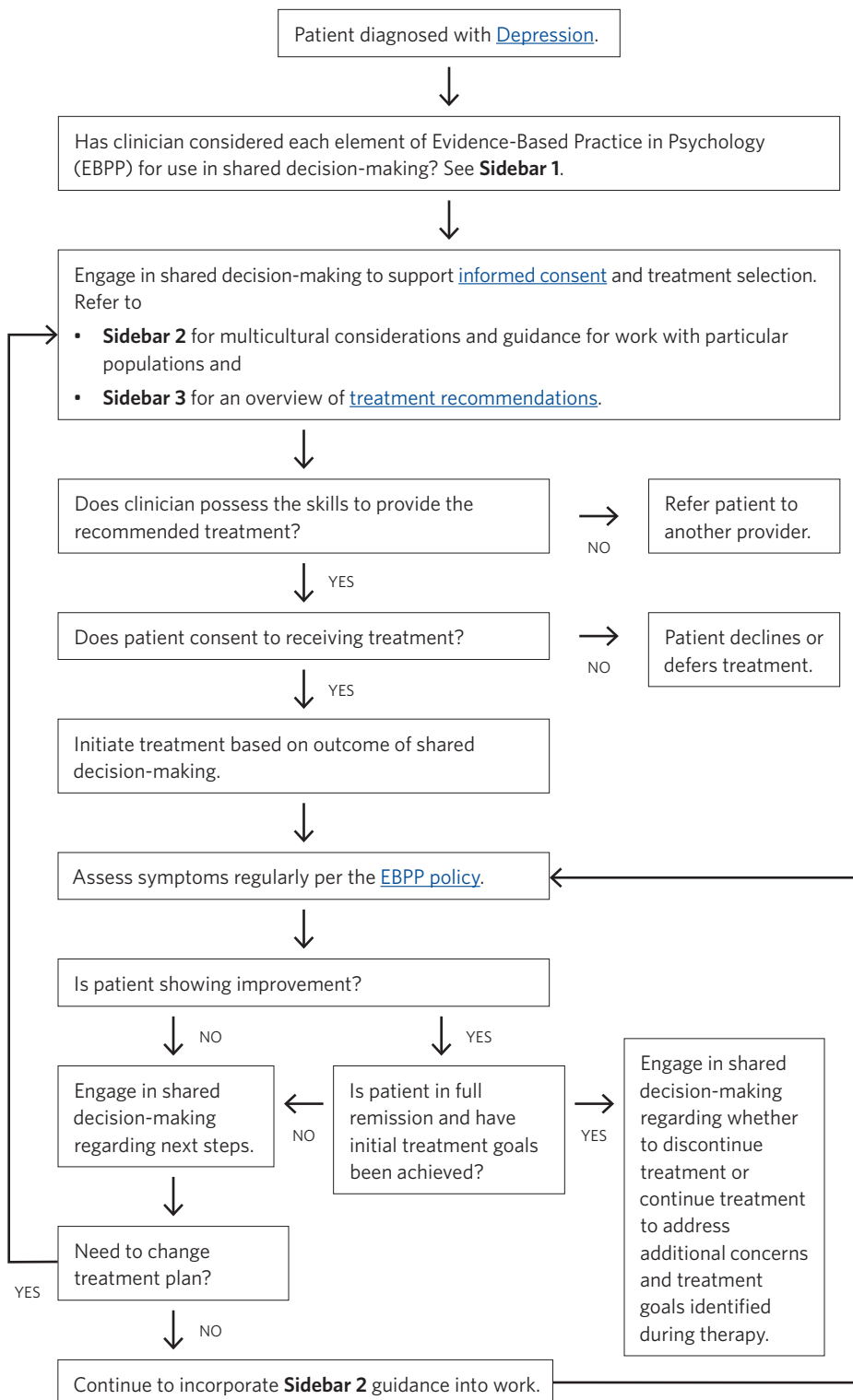


Decision-Making Within Evidence-Based Practice in Psychology

Using the APA Clinical Practice Guideline for the Treatment of Depression in Older 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](#)
- [Older Adults](#)
- [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** either group cognitive-behavioral therapy or group life-review/remembrance therapy.
- **Recommend** combined pharmacotherapy (second-generation antidepressant) and interpersonal psychotherapy (IPT) over IPT alone.

To view the full set of recommendations, including conditional recommendations as well as cases in which there was insufficient evidence to recommend for or against the treatment, please refer to [Table 4](#) of the full guideline document.