

S30-01 - PSYCHOLOGICAL TREATMENT OF MINOR DEPRESSION

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Subthreshold depression has a considerable impact on the quality of life and carries a high risk of developing major depressive disorder. Psychological treatments for subthreshold depression may be able to reduce depressive symptomatology and prevent the onset of major depression. In this presentation, an overview is given of psychotherapies that have been examined as treatments of subthreshold depression, including cognitive behavior therapy, problem-solving therapy, interpersonal psychotherapy, and internet-based guided self-help. Furthermore, the results of a meta-analysis of the effects of these psychotherapies on subthreshold depression are presented. This meta-analysis shows that these psychological treatments have significant effects on subthreshold depression, and that these interventions may prevent the onset of major depression. After one year the effects of the psychotherapies are smaller, but still significant.