National Institute for Health and Care Excellence

Depression in children and young people: identification and management (2005) NICE guideline CG28 (update)

1 Background

Depression in children and young people: identification and management (CG28) was reviewed in 2017 as part of NICE's surveillance programme following feedback from stakeholders that new evidence was available.

2 Surveillance programme findings

The surveillance programme found that since publication of the guideline, a trial funded by the National Institute for Health Research (the IMPACT study) has provided new evidence on psychological interventions for children and young people with depression. The IMPACT trial results are directly relevant to NICE's guideline on depression in children and young people (CG28) and form the basis of this update decision. The full report can be found here.

Although this update was triggered by the results of the IMPACT trial and was initially confined to psychological interventions for children and young people with moderate to severe depression, during protocol development the decision was made to expand this question to cover mild depression as well. This decision was made because the 2015 update committee made recommendations for both levels of severity based on the whole body of data due to difficulties in separating the evidence definitively based on severity. In addition, the recommendations were made on the basis of pair-wise analysis, although there were few trials that compared interventions directly. The planned analysis will use network meta-analyses (NMAs) to overcome this issue.

3 Guideline Update

We are answering the following question: What are the most effective psychological interventions for children and young people with depression?

4 Guideline Update process

The guideline update will be produced using a topic specific committee.

Committee meeting date: 6th November 2018

Consultation dates: 3rd January – 31st January 2019
Expected publication date: 2nd April 2019