

FEW INTERNATIONAL CLINICAL GUIDELINES FOR DEPRESSION HAVE HIGH QUALITY

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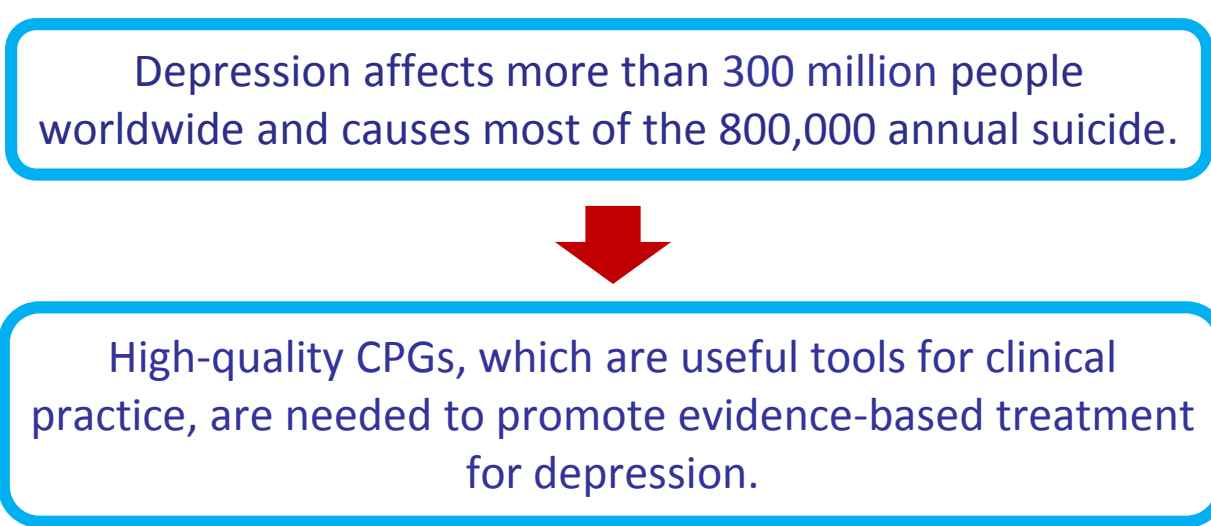
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OBJECTIVES:

To analyze the methodological quality and transparency of Clinical Practice Guidelines (CPGs) that recommend pharmacological treatment for depression.

BACKGROUND:



MATERIALS AND METHODS:

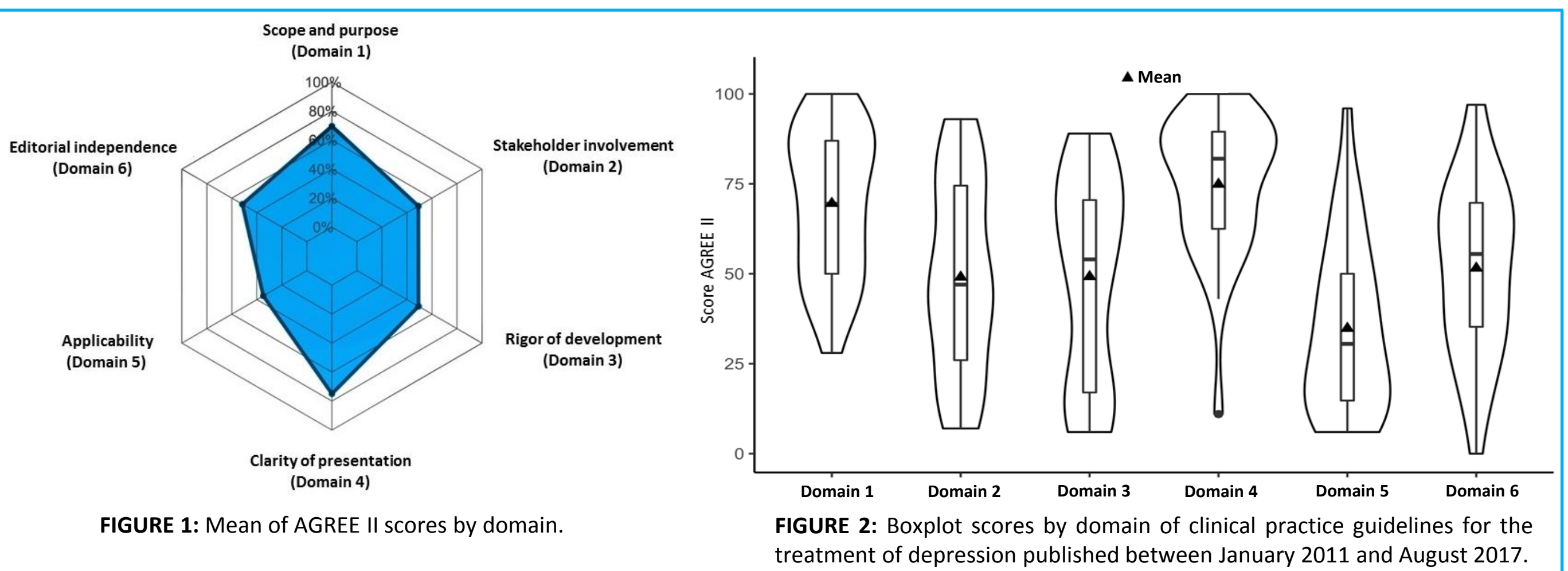
A systematic search was performed on PubMed, Embase, Cochrane, and 12 other specific CPGs databases. We included CPGs comprising pharmacological treatment in primary care for adults with depression, written in Portuguese, Spanish, or English and published between January 2011 and August 2017. Three reviewers evaluated the quality and transparency of CPGs using the six domains of the Appraisal of Guidelines for

Research & Evaluation (AGREE) II instrument (as seen in Molino et al., 2019). CPGs that scored $\geq 80\%$ in Domain 3, Rigor of Development, were classified as high quality.

RESULTS AND CONCLUSIONS:

Among the 28 CPGs evaluated, only 5 (18%) were classified as high quality. The mean scores of Domains 1, 2, 3, and 6 were 69.6%, 49.1%, 49.2%, and 51.6%, respectively, with the lowest score for Domain 5 (mean: 34.8%) and the highest score for Domain 4 (mean: 74.9%) (FIGURES 1 and 2).

There were few high-quality clinical guidelines for the pharmacological treatment of depression, as indicated by Domain 3 scores. Moreover, only a few had high values for the other domains, especially Domain 5. Thus, developers of CPGs should involve key stakeholders (Domain 2), conduct systematic reviews (Domain 3), and evaluate barriers and facilitators of CPGs implementation (Domain 5). In addition, health institutions should carefully select CPGs for implementation in clinical practice, as depression affects millions of people worldwide.



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Molino CGRC et al. (2019). JAMA Intern Med. doi: 10.1001/jamainternmed.2018.7529