
Randomised controlled trial of non-directive counselling, cognitive-behaviour therapy and usual general practitioner care in the management of depression as well as mixed anxiety and depression in primary care

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Authors' objectives

The aim of this study was to determine both the clinical and cost-effectiveness of usual general practitioner (GP) care compared with two types of brief psychological therapy (non-directive counselling and cognitive-behaviour therapy) in the management of depression as well as mixed anxiety and depression in the primary care setting.

Authors' conclusions

In the primary care setting, non-directive counselling and cognitive-behaviour therapy were both significantly more effective clinically than usual GP care in the short term. However, there were no differences between these three treatments in either clinical outcomes or costs at the 12-month follow-up.

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