Depression Algorithm

choose first step

is the patient new to treatment?

choose appropriate steps for “Treatment Resistant Depression”

choose second step

oral anti-depressant

nutrition based management

try a second oral anti-depressant

ketamine based treatment

treat factors in treatment resistance

brain stimulation treatment

adjunctive anti-depressant treatment

• supplements
• infusions
• TMS/ketamine
• ketamine
• esketamine
• rTMS (repetitive Trans-cranial Magnetic Stimulation)
• ECT (Electroconvulsive Therapy)
• VNS (Vagus Nerve Stimulation)
• DBS (Deep Brain Stimulation)

• add or try another antidepressant
• second generation antipsychotic
• lithium or anticonvulsant
• d-cycloserine
• TRH
• hormone-based intervention
• stimulant or dopamine agonist
• chronotherapy

• mTBI & TBI
• substance use disorder
• temperament & personality factors
• epilepsy or other conditions with abnormal EEG
• chronobiologic adversity
• immune dysfunction & inflammation, or otherwise associated with infection or obesity
• inborn errors of metabolism and disordered digestion/nutrition
• pharmacogenomic adversities
• regulatory disorder of childhood
• medical & iatrogenic
• hormonal factors (HPTAG*)
• trauma
• environmental factors

* Hypothalamic Pituitary Thyroid Adrenal Gonadal Axis