

Major Depression in Children Under Age 6

Level 0 Comprehensive assessment (See Principles of Practice).

Level 1 Psychotherapeutic intervention (e.g., dyadic therapy) for 3-6 months; assessment of primary care giver depression and referral for treatment if present.

Level 2 If poor response to psychosocial treatment after 3-6 months, consider combination treatment with fluoxetine and concurrent psychosocial treatment. Re-assess diagnosis, primary care giver response to treatment.

Under 3 years, see *Principles of Practice*

Level 3 Fluoxetine - 4-5 years old

- Starting dose: 1 mg/day
- Maximum dose: 5 mg/day
- Discontinuation trial after 6 months of any effective medication treatment with gradual downward titration.

Not Recommended:

- Use of tricyclic antidepressants (TCAs) or paroxetine.
- The use of medication without psychosocial treatment.