

# **MANAGEMENT OF MAJOR DEPRESSION**

**Practical Guidelines  
For Psychiatrists**

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# Forward

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This publication is part of an integrated package of guidelines for the management of various mental disorders that was developed by the Ministry of Health and Population, and is intended to upgrade the knowledge and skills of professionals in Egypt at all levels. The series contains two volumes on the management of Major Depressive Disorder, and Schizophrenia, that will be disseminated to all mental health professionals to acquire the utmost benefit and develop proper competencies for the management of these cases.

These references will support the Ministry of Health and Population objectives in ensuring a well planned, and high-quality mental health service for the current generation and the generations to come.

On the behalf of all generations that will benefit from the increased knowledge and skills depicted in this book, deep appreciation should be extended to all who contributed to produce it, whether from the Ministry of Health and Population personnel or their technical assistance.

Prof. Dr. Mohamed Awad Tag El-Din  
Minster of Health and Population

# Acknowledgements

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In an attempt to follow the directions of His Excellency, the Minister of Health and Population, Prof. Dr. Mohamed Awad Tag El Din, and respond to the increased attention given to the mental health services, the Ministry of Health and Population (MOHP) through the General Secretariat of Mental Health has designed and implemented the Mental Health Programme. This program aims at improving the mental health services in Egypt as well as upgrade the skills of professionals at all levels.

This document that was developed by the General Secretariat of Mental Health, MOHP, under the Mental Health Programme in collaboration with the FINNCONSULT, will provide the necessary guidelines for health providers whether specialized psychiatrists or at the primary health care level. The proper application of these guidelines will be the corner stone for improving the management of mental disorders.

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