Depression is common and affects millions of adolescents in the United States. Access to mental health specialists is limited, especially in the pediatric primary care setting. Untreated adolescent depression is associated with poor educational, social, and health outcomes. Pediatricians are well positioned to engage this population.

**METHODS**

- Rapid Systematic Literature Review
- PUBMED/MEDLINE electronic database

**CONCLUSION**

Adolescent Depression Treatment in Primary Care: A Systematic Review

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**OBJECTIVE**

- Assess adolescent depression treatment in primary care
- Provide a greater understanding of how behavioral health integration in the primary care setting provides effective treatment for adolescent depression

**METHODS**

- Rapid Systematic Literature Review
- PUBMED/MEDLINE electronic database

**RESULTS**

- Limited access to mental health services leads to undertreatment of depression in adolescents.
- The rapid systematic review demonstrates the efficacy of implementing collaborative care programs into the primary care setting.
- Further research is needed to consider the feasibility of integrating collaborative programs into all pediatric primary care clinical settings.

**DISCUSSION**

- After an initial screen of 437 titles, 74 abstracts were reviewed, and 10 studies met the inclusion criteria. After full-paper review, a total of 5 studies were included. Each addressed primary care, depression treatment, and adolescents.
- Behavioral health integration (e.g., collaborative care programs) in primary care settings is effective.
- Primary care providers should seek both training and resources to support behavioral health integration in practice.
- Behavioral health integration could help meet the growing demand for treatment of depression in adolescents.

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