

Major Depression in Children Under Age 6



Level 0: Comprehensive Assessment

Level 1: Psychotherapeutic intervention (e.g., dyadic therapy) for 3-6 months; assessment of parental mood disorder and referral of parent for treatment if indicated

Level 2: If poor response with psychosocial intervention after 3 months, consider combination treatment with fluoxetine and concurrent psychosocial treatment

Fluoxetine dosing recommendation:

- Starting dose 2 mg/day
- Average dose 5-10 mg/day as tolerated
- Range 2-20 mg/day

Level 3: Discontinuation trial after 6 months of any effective medication treatment

Not recommended:

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