

8. 부록

8.1 문헌 검색전략 및 결과

중재법: ALCOHOL		
검색 DB: Ovid MEDLINE(R) 1950 to September Week 1 2009		
#	Searches	Results
1	Depression/	53795
2	exp Depressive Disorder/	62775
3	depressi*.tw.	176027
4	dysthym*.tw.	2125
5	4 or 1 or 3 or 2	211038
6	(genotype or gene or polymorphism or metabolism or cell* or "in vitro" or DNA or RNA or mouse or mice).mp. [mp=title, original title, abstract, name of substance word, subject heading word]	5187977
7	alcohol drinking.mp. or Alcohol Drinking/	40364
8	(relax* or treat* or (avoid* or reduc* or depriv*)).mp. [mp=title, original title, abstract, name of substance word, subject heading word]	4203366
9	8 and 7	11209
10	9 and 5	502
11	limit 10 to humans	456
12	11 not 6	429
검색 DB: EMBASE (~2009.9.24)		
#	Searches	Results
#1	MeSH descriptor Depression, this term only	3670
#2	MeSH descriptor Depressive Disorder explode all trees	5712
#3	depressi*:ab,ti	21296
#4	dysthym*:ab,ti	371
#5	(#1OR#2OR#3OR#4)	23265
#6	(genotype or gene or polymorphism or metabolism or cell* or "in vitro" or DNA or RNA or mouse or mice):ab,ti	54792
#7	MeSH descriptor Alcohol Drinking, this term only	1735
#8	(alcohol drinking):ab,ti	1688
#9	(#7 OR #8)	2683
#10	(relax* OR treat* OR (avoid* OR reduc* OR depriv*)):ab,ti	313357
#11	(#9 AND #10)	1552
#12	(#11 AND #5)	125
#13	(#12 AND NOT #6)	122
검색 DB: COCHRANE(~2009-10-10)		
#	Searches	Results

#1	MeSH descriptor Depression, this term only	3670
#2	MeSH descriptor Depressive Disorder explode all trees	5712
#3	depressi*:ab,ti	21296
#4	dysthym*:ab,ti	371
#5	(#1OR#2OR#3OR#4)	23265
#6	(genotype or gene or polymorphism or metabolism or cell* or "in vitro" or DNA or RNA or mouse or mice):ab,ti	54792
#7	MeSH descriptor Alcohol Drinking, this term only	1735
#8	(alcohol drinking):ab,ti	1688
#9	(#7 OR #8)	2683
#10	(relax* OR treat* OR (avoid* OR reduc* OR depriv*)):ab,ti	313357
#11	(#9 AND #10)	1552
#12	(#11 AND #5)	125
#13	(#12 AND NOT #6)	122

검색 DB: PsycINFO 1967 to October Week 1 2009

#	Searches	Results
1	"Depression (Emotion)"/	20431
2	Sadness/	1039
3	dysthymic disorder/	1387
4	affective disorders/	9845
5	seasonal affective disorder/	854
6	postpartum depression/	2140
7	depressi*.tw.	151793
8	dysthym*.tw.	3037
9	6 or 3 or 7 or 2 or 8 or 1 or 4 or 5	160710
10	(genotype or gene or polymorphism or metabolism or cell* or "in vitro" or DNA or RNA or mouse or mice).mp. [mp=title, abstract, heading word, table of contents, key concepts]	101365
11	Alcohol Drinking Patterns/ or alcohol drinking.mp.	15304
12	(relax* or treat* or (avoid* or reduc* or depriv*)).mp. [mp=title, abstract, heading word, table of contents, key concepts]	588504
13	11 and 12	4373
14	13 and 9	248
15	limit 14 to human	237
16	15 not 10	235

중재법: AROMATHERAPY

검색 DB: Ovid MEDLINE(R) 1950 to September Week 1 2009

#	Searches	Results
1	Depression/	53795
2	exp Depressive Disorder/	62775
3	depressi*.tw.	176027
4	dysthym*.tw.	2125
5	4 or 1 or 3 or 2	211038
6	(genotype or gene or polymorphism or metabolism or cell* or	5187977

	"in vitro" or DNA or RNA or mouse or mice).mp. [mp=title, original title, abstract, name of substance word, subject heading word]	
7	aromatherapy.mp. or Aromatherapy/	563
8	essentail oil.tw.	0
9	8 or 7	563
10	9 and 5	45
11	limit 10 to humans	44
12	11 not 6	41

검색 DB: EMBASE (~2009.9.24)		
#	Searches	Results
#1	'depression'/de AND [embase]/lim	141653
#2	depressi*:ab,ti AND [embase]/lim	171711
#3	dysthym*:ab,ti AND [embase]/lim	2204
#4	#1 OR #2 OR #3	222709
#5	genotype:ab,ti OR gene:ab,ti OR polymorphism:ab,ti OR metabolism:ab,ti OR cell*:ab,ti OR 'in vitro':ab,ti OR dna:ab,ti OR rna:ab,ti OR mouse:ab,ti OR mice:ab,ti AND [embase]/lim	3668178
#6	'aromatherapy'/de OR 'aromatherapy' AND [embase]/lim	783
#7	'essential oil':ab,ti AND [embase]/lim	3434
#8	'lavender oil'/de OR 'lavender oil' AND [embase]/lim	423
#9	#6 OR #7 OR #8	4364
#10	#4 AND #9	120
#11	#10 AND [humans]/lim AND [embase]/lim	103
#12	#11 NOT #5	98

검색 DB: COCHRANE(~2009-10-10)		
#	Searches	Results
#1	MeSH descriptor Depression, this term only	3670
#2	MeSH descriptor Depressive Disorder explode all trees	5712
#3	depressi*:ab,ti	21296
#4	dysthym*:ab,ti	371
#5	(#1OR#2OR#3OR#4)	23265
#6	(genotype or gene or polymorphism or metabolism or cell* or "in vitro" or DNA or RNA or mouse or mice):ab,ti	54792
#7	MeSH descriptor Aromatherapy explode all trees	1735
#8	aromatherapy:ab,ti	89
#9	(essential oil):ab,ti	300
#10	(#7 OR #8 OR #9)	380
#11	(#5 AND #10)	14
#12	#11 AND NOT #6	13

검색 DB: PsycINFO 1967 to October Week 1 2009		
#	Searches	Results
1	"Depression (Emotion)"/	20431
2	Sadness/	1039

3	dysthymic disorder/	1387
4	affective disorders/	9845
5	seasonal affective disorder/	854
6	postpartum depression/	2140
7	depressi*.tw.	151793
8	dysthym*.tw.	3037
9	6 or 3 or 7 or 2 or 8 or 1 or 4 or 5	160710
10	(genotype or gene or polymorphism or metabolism or cell* or "in vitro" or DNA or RNA or mouse or mice).mp. [mp=title, abstract, heading word, table of contents, key concepts]	101365
11	aromatherapy.mp. or Aromatherapy/	118
12	essential oil.tw.	37
13	11 or 12	144
14	13 and 9	21
15	limit 14 to human	21
16	15 not 10	20

중재법: BIBLIOTHERAPY

검색 DB: Ovid MEDLINE(R) 1950 to September Week 1 2009

#	Searches	Results
1	Depression/	53795
2	exp Depressive Disorder/	62775
3	depressi*.tw.	176027
4	dysthym*.tw.	2125
5	4 or 1 or 3 or 2	211038
6	(genotype or gene or polymorphism or metabolism or cell* or "in vitro" or DNA or RNA or mouse or mice).mp. [mp=title, original title, abstract, name of substance word, subject heading word]	5187977
7	bibliotherapy.mp. or Bibliotherapy/	319
8	self-help book.mp. [mp=title, original title, abstract, name of substance word, subject heading word]	23
9	self-help manual.mp. [mp=title, original title, abstract, name of substance word, subject heading word]	85
10	8 or 7 or 9	417
11	10 and 5	69
12	limit 11 to humans	68
13	12 not 6	68

검색 DB: EMBASE (~2009.9.24)

#	Searches	Results
#1	'depression'/de AND [embase]/lim	141653
#2	depressi*:ab,ti AND [embase]/lim	171711
#3	dysthym*:ab,ti AND [embase]/lim	2204
#4	#1 OR #2 OR #3	222709

#5	genotype:ab,ti OR gene:ab,ti OR polymorphism:ab,ti OR metabolism:ab,ti OR cell*:ab,ti OR 'in vitro':ab,ti OR dna:ab,ti OR rna:ab,ti OR mouse:ab,ti OR mice:ab,ti AND [embase]/lim	3668178
#6	bibliotherapy AND [embase]/lim	208
#7	'self-help book':ab,ti AND [embase]/lim	22
#8	'self-help manual':ab,ti AND [embase]/lim	88
#9	#6 OR #7 OR #8	308
#10	#4 AND #9	74
#11	#10 AND [humans]/lim AND [embase]/lim	73
#12	#11 NOT #5	72

검색 DB: COCHRANE(~2009-10-10)

#	Searches	Results
#1	MeSH descriptor Depression, this term only	3670
#2	MeSH descriptor Depressive Disorder explode all trees	5712
#3	depressi*:ab,ti	21296
#4	dysthym*:ab,ti	371
#5	(#10R#20R#30R#4)	23265
#6	(genotype or gene or polymorphism or metabolism or cell* or "in vitro" or DNA or RNA or mouse or mice):ab,ti	54792
#7	MeSH descriptor Bibliotherapy explode all trees	60
#8	bibliotherapy:ab,ti	94
#9	(self-help book):ab,ti	23
#10	(self-helpmanual):ab,ti	134
#11	(#7 OR #8 OR #9 OR #10)	266
#12	(#5 AND #11)	63
#13	(#12 AND NOT #6)	63

검색 DB: PsycINFO 1967 to October Week 1 2009

#	Searches	Results
1	"Depression (Emotion)"/	20431
2	Sadness/	1039
3	dysthymic disorder/	1387
4	affective disorders/	9845
5	seasonal affective disorder/	854
6	postpartum depression/	2140
7	depressi*.tw.	151793
8	dysthym*.tw.	3037
9	6 or 3 or 7 or 2 or 8 or 1 or 4 or 5	160710
10	(genotype or gene or polymorphism or metabolism or cell* or "in vitro" or DNA or RNA or mouse or mice).mp. [mp=title, abstract, heading word, table of contents, key concepts]	101365
11	bibliotherapy.mp. or Bibliotherapy/	776
12	self-help book.mp.	236
13	self- help manual.mp.	138
14	11 or 13 or 12	1119
15	9 and 14	155

16	limit 15 to human	150
17	16 not 10	148

중재법: CAFFENE

검색 DB: Ovid MEDLINE(R) 1950 to September Week 1 2009

#	Searches	Results
1	Depression/	53795
2	exp Depressive Disorder/	62775
3	depressi*.tw.	176027
4	dysthym*.tw.	2125
5	4 or 1 or 3 or 2	211038
6	(genotype or gene or polymorphism or metabolism or cell* or "in vitro" or DNA or RNA or mouse or mice).mp. [mp=title, original title, abstract, name of substance word, subject heading word]	5187977
7	caffeine.mp. or Caffeine/	22719
8	7 and 5	509
9	limit 8 to humans	233
10	9 not 6	205

검색 DB: EMBASE (~2009.9.24)

#	Searches	Results
#1	'depression'/de AND [embase]/lim	141653
#2	depressi*:ab,ti AND [embase]/lim	171711
#3	dysthym*:ab,ti AND [embase]/lim	2204
#4	#1 OR #2 OR #3	222709
#5	genotype:ab,ti OR gene:ab,ti OR polymorphism:ab,ti OR metabolism:ab,ti OR cell*:ab,ti OR 'in vitro':ab,ti OR dna:ab,ti OR rna:ab,ti OR mouse:ab,ti OR mice:ab,ti AND [embase]/lim	3668178
#6	'caffeine'/de AND [embase]/lim	25576
#7	caffeine:ab,ti AND [embase]/lim	17403
#8	#6 OR #7	28503
#9	#4 AND #8	1001
#10	#9 AND [humans]/lim AND [embase]/lim	608
#11	#10 NOT #5	554

검색 DB: COCHRANE(~2009-10-10)

#	Searches	Results
#1	MeSH descriptor Depression, this term only	3670
#2	MeSH descriptor Depressive Disorder explode all trees	5712
#3	depressi*:ab,ti	21296
#4	dysthym*:ab,ti	371
#5	(#10R#20R#30R#4)	23265
#6	(genotype or gene or polymorphism or metabolism or cell* or "in vitro" or DNA or RNA or mouse or mice):ab,ti	54792

#7	MeSH descriptor Caffeine explode all trees	1161
#8	caffeine:ab,ti	1599
#9	(#7 OR #8)	1716
#10	(#5 AND #9)	25
#11	(#10 AND NOT #6)	23

검색 DB: PsycINFO 1967 to October Week 1 2009

#	Searches	Results
1	"Depression (Emotion)"/	20431
2	Sadness/	1039
3	dysthymic disorder/	1387
4	affective disorders/	9845
5	seasonal affective disorder/	854
6	postpartum depression/	2140
7	depressi*.tw.	151793
8	dysthym*.tw.	3037
9	6 or 3 or 7 or 2 or 8 or 1 or 4 or 5	160710
10	(genotype or gene or polymorphism or metabolism or cell* or "in vitro" or DNA or RNA or mouse or mice).mp. [mp=title, abstract, heading word, table of contents, key concepts]	101365
11	caffeine.mp. or Caffeine/	2818
12	11 and 9	213
13	limit 12 to human	175
14	13 not 10	164

중재법: CARBOHYDRATE-RICH PROTEIN-POOR DIE

검색 DB: Ovid MEDLINE(R) 1950 to September Week 1 2009

#	Searches	Results
1	Depression/	53914
2	exp Depressive Disorder/	62892
3	depressi*.tw.	176407
4	dysthym*.tw.	2131
5	4 or 1 or 3 or 2	211455
6	(genotype or gene or polymorphism or metabolism or cell* or "in vitro" or DNA or RNA or mouse or mice).mp. [mp=title, original title, abstract, name of substance word, subject heading word]	5197620
7	carbohydrate.mp. [mp=title, original title, abstract, name of substance word, subject heading word]	100693
8	7 and 5	484
9	limit 8 to humans	313
10	9 not 6	193

검색 DB: EMBASE (~2009.9.24)

#	Searches	Results
#1	'depression'/de AND [embase]/lim	142125
#2	depressi*:ab,ti AND [embase]/lim	172147

#3	dysthym*:ab,ti AND [embase]/lim	2207
#4	#1 OR #2 OR #3	223347
#5	genotype:ab,ti OR gene:ab,ti OR polymorphism:ab,ti OR metabolism:ab,ti OR cell*:ab,ti OR 'in vitro':ab,ti OR dna:ab,ti OR rna:ab,ti OR mouse:ab,ti OR mice:ab,ti AND [embase]/lim	3675841
#6	carbohydrate:ab,ti AND [embase]/lim	51968
#7	#4 AND #6	393
#8	limit 8 to humans	236
#9	'carbohydrate rich diet':ab,ti AND [embase]/lim	165

검색 DB: COCHRANE(~2009-10-10)

#	Searches	Results
#1	MeSH descriptor Depression, this term only	3670
#2	MeSH descriptor Depressive Disorder explode all trees	5712
#3	depressi*:ab,ti	21296
#4	dysthym*:ab,ti	371
#5	(#10R#20R#30R#4)	23265
#6	(genotype or gene or polymorphism or metabolism or cell* or "in vitro" or DNA or RNA or mouse or mice):ab,ti	54792
#7	carbohydrate:ab,ti	4224
#8	(#5 AND #7)	57
#9	(#8 AND NOT #6)	50

검색 DB: PsycINFO 1967 to October Week 1 2009

#	Searches	Results
1	"Depression (Emotion)"/	20431
2	Sadness/	1039
3	dysthymic disorder/	1387
4	affective disorders/	9845
5	seasonal affective disorder/	854
6	postpartum depression/	2140
7	depressi*.tw.	151793
8	dysthym*.tw.	3037
9	6 or 3 or 7 or 2 or 8 or 1 or 4 or 5	160710
10	(genotype or gene or polymorphism or metabolism or cell* or "in vitro" or DNA or RNA or mouse or mice).mp. [mp=title, abstract, heading word, table of contents, key concepts]	101365
11	carbohydrate.mp. [mp=title, abstract, heading word, table of contents, key concepts]	1603
12	11 and 9	151
13	limit 12 to human	130
14	13 not 10	104

중재법: COMPUTERIZED INTERVENTIONS

검색 DB: Ovid MEDLINE(R) 1950 to September Week 1 2009

#	Searches	Results
1	Depression/	53795
2	exp Depressive Disorder/	62775
3	depressi*.tw.	176027
4	dysthym*.tw.	2125
5	4 or 1 or 3 or 2	211038
6	(genotype or gene or polymorphism or metabolism or cell* or "in vitro" or DNA or RNA or mouse or mice).mp. [mp=title, original title, abstract, name of substance word, subject heading word]	5187977
7	computerized intervention.mp.	23
8	computer*.mp.	427778
9	internet.mp.	38570
10	CBT.mp.	2340
11	bibliotherapy.mp. or Bibliotherapy/	319
12	8 or 9	453153
13	11 or 10	2646
14	13 and 12	169
15	7 or 14	192
16	15 and 5	52
17	limit 16 to humans	52
18	17 not 6	51

검색 DB: EMBASE (~2009.9.24)

#	Searches	Results
#1	'depression'/de AND [embase]/lim	141653
#2	depressi*:ab,ti AND [embase]/lim	171711
#3	dysthym*:ab,ti AND [embase]/lim	2204
#4	#1 OR #2 OR #3	222709
#5	genotype:ab,ti OR gene:ab,ti OR polymorphism:ab,ti OR metabolism:ab,ti OR cell*:ab,ti OR 'in vitro':ab,ti OR dna:ab,ti OR rna:ab,ti OR mouse:ab,ti OR mice:ab,ti AND [embase]/lim	3668178
#6	'computerized intervention':ab,ti AND [embase]/lim	14
#7	computer*:ab,ti AND [embase]/lim	150536
#8	'internet'/de AND [embase]/lim	29580
#9	internet:ab,ti AND [embase]/lim	11967
#10	cbt:ab,ti AND [embase]/lim	2791
#11	bibliotherapy:ab,ti AND [embase]/lim	191
#12	#7 OR #8 OR #9	180478
#13	#10 OR #11	2972
#14	#12 AND #13	144
#15	#6 OR #14	158
#16	#4 AND #15	57
#17	#16 AND [humans]/lim AND [embase]/lim	55
#18	#17 NOT #5	55

검색 DB: COCHRANE(~2009-10-10)

#	Searches	Results
#1	MeSH descriptor Depression, this term only	3471
#2	MeSH descriptor Depressive Disorder explode all trees	5537
#3	depressi*:ab,ti	19996
#4	dysthym*:ab,ti	358
#5	(#1OR#2OR#3OR#4)	21898
#6	(genotype or gene or polymorphism or metabolism or cell* or "in vitro" or DNA or RNA or mouse or mice):ab,ti	53764
#7	computerized intervention:ab,ti	10
#8	computer*:ab,ti	7322
#9	internet:ab,ti	1018
#10	CBT:ab,ti	966
#11	MeSHdescriptorBibliotherapyexplodetree2	57
#12	bibliotherapy:ab,ti	83
#13	(#8 OR #9)	8199
#14	(#10OR#11OR#12)	1064
#15	(#13AND#14)	43
#16	(#7 OR #15)	53
#17	(#16 AND #5)	20
#18	(#17ANDNOT#6)	20

검색 DB: PsycINFO 1967 to October Week 1 2009

#	Searches	Results
1	"Depression (Emotion)"/	20431
2	Sadness/	1039
3	dysthymic disorder/	1387
4	affective disorders/	9845
5	seasonal affective disorder/	854
6	postpartum depression/	2140
7	depressi*.tw.	151793
8	dysthym*.tw.	3037
9	6 or 3 or 7 or 2 or 8 or 1 or 4 or 5	160710
10	(genotype or gene or polymorphism or metabolism or cell* or "in vitro" or DNA or RNA or mouse or mice).mp. [mp=title, abstract, heading word, table of contents, key concepts]	101365
11	computerized intervention.mp. [mp=title, abstract, heading word, table of contents, key concepts]	11
12	computer*.mp. [mp=title, abstract, heading word, table of contents, key concepts]	69087
13	internet.mp. [mp=title, abstract, heading word, table of contents, key concepts]	16810
14	CBT.mp. [mp=title, abstract, heading word, table of contents, key concepts]	4033
15	bibliotherapy.mp. or Bibliotherapy/	776
16	13 or 12	79422
17	15 or 14	4797
18	16 and 17	260

19	11 or 18	271
20	19 and 9	68
21	limit 20 to human	65
22	21 not 10	64

중재법: DANCE OR MOVEMENT

검색 DB: Ovid MEDLINE(R) 1950 to September Week 1 2009

#	Searches	Results
1	Depression/	53795
2	exp Depressive Disorder/	62775
3	depressi*.tw.	176027
4	dysthym*.tw.	2125
5	4 or 1 or 3 or 2	211038
6	(genotype or gene or polymorphism or metabolism or cell* or "in vitro" or DNA or RNA or mouse or mice).mp. [mp=title, original title, abstract, name of substance word, subject heading word]	5187977
7	Dancing/ or Dance Therapy/	1414
8	movement therapy.mp.	338
9	danc*.mp. [mp=title, original title, abstract, name of substance word, subject heading word]	3149
10	8 or 7 or 9	3463
11	10 and 5	68
12	limit 11 to humans	64
13	12 not 6	62

검색 DB: EMBASE (~2009.9.24)

#	Searches	Results
#1	'depression'/de AND [embase]/lim	141653
#2	depressi*:ab,ti AND [embase]/lim	171711
#3	dysthym*:ab,ti AND [embase]/lim	2204
#4	#1 OR #2 OR #3	222709
#5	genotype:ab,ti OR gene:ab,ti OR polymorphism:ab,ti OR metabolism:ab,ti OR cell*:ab,ti OR 'in vitro':ab,ti OR dna:ab,ti OR rna:ab,ti OR mouse:ab,ti OR mice:ab,ti AND [embase]/lim	3668178
#6	'dancing'/de AND [embase]/lim	955
#7	dancing:ab,ti AND [embase]/lim	508
#8	'dance therapy':ab,ti AND [embase]/lim	55
#9	'movement therapy':ab,ti AND [embase]/lim	436
#10	danc*:ab,ti AND [embase]/lim	2270
#11	#6 OR #7 OR #9 OR #10	2838
#12	#4 AND #11	91
#13	#12 AND [humans]/lim AND [embase]/lim	82
#14	#13 NOT #5	78

검색 DB: COCHRANE(~2009-10-10)		
#	Searches	Results
#1	MeSH descriptor Depression, this term only	3670
#2	MeSH descriptor Depressive Disorder explode all trees	5712
#3	depressi*:ab,ti	21296
#4	dysthym*:ab,ti	371
#5	(#1OR#2OR#3OR#4)	23265
#6	(genotype or gene or polymorphism or metabolism or cell* or "in vitro" or DNA or RNA or mouse or mice):ab,ti	54792
#7	MeSH descriptor Dancing explode all trees	46
#8	MeSH descriptor Dance Therapy explode all trees	17
#9	(movement therapy):ab,ti	923
#10	danc*:ab,ti	144
#11	(#7 OR #8 OR #9 OR #10)	1063
#12	(#5 AND #11)	43
#13	(#12 AND NOT #6)	40

검색 DB: PsycINFO 1967 to October Week 1 2009		
#	Searches	Results
1	"Depression (Emotion)"/	20431
2	Sadness/	1039
3	dysthymic disorder/	1387
4	affective disorders/	9845
5	seasonal affective disorder/	854
6	postpartum depression/	2140
7	depressi*.tw.	151793
8	dysthym*.tw.	3037
9	6 or 3 or 7 or 2 or 8 or 1 or 4 or 5	160710
10	(genotype or gene or polymorphism or metabolism or cell* or "in vitro" or DNA or RNA or mouse or mice).mp. [mp=title, abstract, heading word, table of contents, key concepts]	101365
11	dance therapy/ or dance/ or movement therapy/	1580
12	danc*.mp.	3577
13	movement therapy.mp. [mp=title, abstract, heading word, table of contents, key concepts]	676
14	11 or 13 or 12	3898
15	9 and 14	140
16	limit 15 to human	136
17	16 not 10	133

중재법: EXERCISE

검색 DB: Ovid MEDLINE(R) 1950 to September Week 1 2009		
#	Searches	Results
1	Depression/	53795
2	exp Depressive Disorder/	62775
3	depressi*.tw.	176027
4	dysthym*.tw.	2125

5	4 or 1 or 3 or 2	211038
6	(genotype or gene or polymorphism or metabolism or cell* or "in vitro" or DNA or RNA or mouse or mice).mp. [mp=title, original title, abstract, name of substance word, subject heading word]	5187977
7	exp Exercise/	48974
8	exercise.mp. [mp=title, original title, abstract, name of substance word, subject heading word]	172408
9	exp Exercise Movement Techniques/	3681
10	exercise therapy.mp. [mp=title, original title, abstract, name of substance word, subject heading word]	19604
11	physical activit*.mp. [mp=title, original title, abstract, name of substance word, subject heading word]	31989
12	7 or 8 or 9 or 10 or 11	192212
13	12 and 5	7482
14	limit 13 to humans	7283
15	14 not 6	6922
16	randomized controlled trial.pt.	281115
17	controlled clinical trial.pt.	80608
18	randomized.ab	203014
19	placebo.ab	119051
20	cliniical trials as topic.sh.	458492
21	randomly.ab	137923
22	trial.ti.	82599
23	22 or 21 or 18 or 19 or 16 or 17 or 20	719124
24	animals.sh.	14464713
25	humans.sh.	11009857
26	25 and 24	11009857
27	24 not 26	3454856
28	23 not 27	669930
29	28 and 15	1998

검색 DB: EMBASE (~2009.9.24)

#	Searches	Results
#1	'depression'/de AND [embase]/lim	142125
#2	depressi*:ab,ti AND [embase]/lim	172147
#3	dysthym*:ab,ti AND [embase]/lim	2207
#4	#1 OR #2 OR #3	223347
#5	genotype:ab,ti OR gene:ab,ti OR polymorphism:ab,ti OR metabolism:ab,ti OR cell*:ab,ti OR 'in vitro':ab,ti OR dna:ab,ti OR rna:ab,ti OR mouse:ab,ti OR mice:ab,ti AND [embase]/lim	3675841
#6	'exercise'/exp AND [embase]/lim	97475
#7	exercise:ab,ti AND [embase]/lim	118275
#8	kinesiotherapy'/exp AND [embase]/lim	21138
#9	exercise AND therapy:ab,ti AND [embase]/lim	16905
#10	'physical activity':ab,ti OR 'physical activities':ab,ti AND	28611

	[embase]/lim	
#11	#6 OR #7 OR #8 OR #9 OR #10	178862
#12	#4 AND #11	8307
#13	#12 AND [humans]/lim AND [embase]/lim	7270
#14	#13 NOT #5	6951
#15	'controlled clinical trial'/exp	341780
#16	randomized:ab	213818
#17	placebo:ab	131406
#18	randomly:ab	159315
#19	trials:ab	231765
#20	groups:ab	1084017
#21	#15 OR #16 OR #17 OR #18 OR #19 OR #20	1639580
#22	#21 AND [humans]/lim AND [embase]/lim	889686
#23	#14 AND #22	2550

검색 DB: COCHRANE(~2009-10-10)

#	Searches	Results
#1	MeSH descriptor Depression, this term only	3670
#2	MeSH descriptor Depressive Disorder explode all trees	5712
#3	depressi*:ab,ti	21296
#4	dysthym*:ab,ti	371
#5	(#10R#20R#30R#4)	23265
#6	(genotype or gene or polymorphism or metabolism or cell* or "in vitro" or DNA or RNA or mouse or mice):ab,ti	54792
#7	MeSH descriptor Exercise explode all trees	6737
#8	exercise:ab,ti	23150
#9	MeSH descriptor Exercise Movement Techniques explode all trees	635
#10	(exercise therapy):ab,ti	3624
#11	(physical activit*):ab,ti	4689
#12	(#7 OR #8 OR #9 OR #10 OR #11)	27368
#13	(#5 AND #12)	2068
#14	(#13 AND NOT #6)	2006
#15	#14 in Clinical Trials	1971

검색 DB: PsycINFO 1967 to October Week 1 2009

#	Searches	Results
1	"Depression (Emotion)"/	20431
2	Sadness/	1039
3	dysthymic disorder/	1387
4	affective disorders/	9845
5	seasonal affective disorder/	854
6	postpartum depression/	2140
7	depressi*.tw.	151793
8	dysthym*.tw.	3037
9	6 or 3 or 7 or 2 or 8 or 1 or 4 or 5	160710
10	(genotype or gene or polymorphism or metabolism or cell* or "in vitro" or DNA or RNA or mouse or mice).mp. [mp=title, abstract, heading word, table of contents, key concepts]	101365

11	exp exercise/	10856
12	exercise.mp. [mp=title, abstract, heading word, table of contents, key concepts]	22887
13	physical activit*.mp. [mp=title, abstract, heading word, table of contents, key concepts]	9396
14	11 or 13 or 12	28955
15	9 and 14	2305
16	limit 15 to human	2225
17	16 not 10	2140
18	limit 17 to "2000 treatment outcome/randomized clinical trial"	87

중재법: KOREAN GINSENG

검색 DB: Ovid MEDLINE(R) 1950 to September Week 1 2009

#	Searches	Results
1	Depression/	53795
2	exp Depressive Disorder/	62775
3	depressi*.tw.	176027
4	dysthym*.tw.	2125
5	4 or 1 or 3 or 2	211038
6	(genotype or gene or polymorphism or metabolism or cell* or "in vitro" or DNA or RNA or mouse or mice).mp. [mp=title, original title, abstract, name of substance word, subject heading word]	5187977
7	korean ginseng.mp. [mp=title, original title, abstract, name of substance word, subject heading word]	59
8	red ginseng.mp. [mp=title, original title, abstract, name of substance word, subject heading word]	194
9	Panax/ or panax.mp.	2984
10	8 or 7 or 9	2997
11	10 and 5	29
12	limit 11 to humans	20
13	12 not 6	18

검색 DB: EMBASE (~2009.9.24)

#	Searches	Results
#1	'depression'/de AND [embase]/lim	141653
#2	depressi*:ab,ti AND [embase]/lim	171711
#3	dysthym*:ab,ti AND [embase]/lim	2204
#4	#1 OR #2 OR #3	222709
#5	genotype:ab,ti OR gene:ab,ti OR polymorphism:ab,ti OR metabolism:ab,ti OR cell*:ab,ti OR 'in vitro':ab,ti OR dna:ab,ti OR rna:ab,ti OR mouse:ab,ti OR mice:ab,ti AND [embase]/lim	3668178
#6	'korean ginseng':ab,ti AND [embase]/lim	50
#7	'red ginseng':ab,ti	268
#8	'ginseng'/de AND [embase]/lim	2693

#9	#6 OR #7 OR #8	2823
#10	#4 AND #9	87
#11	#10 AND [humans]/lim AND [embase]/lim	80
#12	#11 NOT #5	78

검색 DB: COCHRANE(~2009-10-10)

#	Searches	Results
#1	MeSH descriptor Depression, this term only	3670
#2	MeSH descriptor Depressive Disorder explode all trees	5712
#3	depressi*:ab,ti	21296
#4	dysthym*:ab,ti	371
#5	(#10R#20R#30R#4)	23265
#6	(genotype or gene or polymorphism or metabolism or cell* or "in vitro" or DNA or RNA or mouse or mice):ab,ti	54792
#7	(korean ginseng):ab,ti	10
#8	(red ginseng):ab,ti	22
#9	MeSH descriptor Panax, this term only	123
#10	panax:ab,ti	83
#11	(#7 OR #8 OR #9 OR #10)	169
#12	(#5 AND #11)	6

검색 DB: PsycINFO 1967 to October Week 1 2009

#	Searches	Results
1	"Depression (Emotion)"/	20431
2	Sadness/	1039
3	dysthymic disorder/	1387
4	affective disorders/	9845
5	seasonal affective disorder/	854
6	postpartum depression/	2140
7	depressi*.tw.	151793
8	dysthym*.tw.	3037
9	6 or 3 or 7 or 2 or 8 or 1 or 4 or 5	160710
10	(genotype or gene or polymorphism or metabolism or cell* or "in vitro" or DNA or RNA or mouse or mice).mp. [mp=title, abstract, heading word, table of contents, key concepts]	101365
11	korean ginseng.mp.	2
12	red ginseng.mp.	6
13	panax.mp.	41
14	11 or 13 or 12	48
15	9 and 14	5
16	limit 15 to human	0

중재법: HUMOR

검색 DB: Ovid MEDLINE(R) 1950 to September Week 1 2009

#	Searches	Results
1	Depression/	53795
2	exp Depressive Disorder/	62775

3	depressi*.tw.	176027
4	dysthym*.tw.	2125
5	4 or 1 or 3 or 2	211038
6	(genotype or gene or polymorphism or metabolism or cell* or "in vitro" or DNA or RNA or mouse or mice).mp. [mp=title, original title, abstract, name of substance word, subject heading word]	5187977
7	humor.mp. [mp=title, original title, abstract, name of substance word, subject heading word]	15238
8	humour.mp. [mp=title, original title, abstract, name of substance word, subject heading word]	1607
9	comedy.mp. [mp=title, original title, abstract, name of substance word, subject heading word]	128
10	laugh*.mp. [mp=title, original title, abstract, name of substance word, subject heading word]	1920
11	8 or 7 or 10 or 9	17524
12	11 and 5	260
13	limit 12 to humans	240
14	13 not 6	226

검색 DB: EMBASE (~2009.9.24)

#	Searches	Results
#1	'depression'/de AND [embase]/lim	142125
#2	depressi*:ab,ti AND [embase]/lim	172147
#3	dysthym*:ab,ti AND [embase]/lim	2207
#4	#1 OR #2 OR #3	223347
#5	genotype:ab,ti OR gene:ab,ti OR polymorphism:ab,ti OR metabolism:ab,ti OR cell*:ab,ti OR 'in vitro':ab,ti OR dna:ab,ti OR rna:ab,ti OR mouse:ab,ti OR mice:ab,ti AND [embase]/lim	3675841
#6	humor:ab,ti AND [embase]/lim	5995
#7	humour:ab,ti AND [embase]/lim	1387
#8	comedy:ab,ti AND [embase]/lim	52
#9	laugh*:ab,ti AND [embase]/lim	1104
#10	#6 OR #7 OR #8 OR #9	8329
#11	#4 AND #10	251
#12	#11 AND [humans]/lim AND [embase]/lim	209
#13	#12 NOT #5	200

검색 DB: COCHRANE(~2009-10-10)

#	Searches	Results
#1	MeSH descriptor Depression, this term only	3670
#2	MeSH descriptor Depressive Disorder explode all trees	5712
#3	depressi*:ab,ti	21296
#4	dysthym*:ab,ti	371
#5	(#1OR#2OR#3OR#4)	23265
#6	(genotype or gene or polymorphism or metabolism or cell* or	54792

	"in vitro" or DNA or RNA or mouse or mice):ab,ti	
#7	humor:ab,ti	471
#8	humour:ab,ti	417
#9	comedy:ab,ti	7
#10	laugh*:ab,ti	54
#11	(#7 OR #8 OR #9 OR #10)	469
#12	(#5 AND #11)	18
#13	(#12 AND NOT #6)	17

검색 DB: PsycINFO 1967 to October Week 1 2009

#	Searches	Results
1	"Depression (Emotion)"/	20431
2	Sadness/	1039
3	dysthymic disorder/	1387
4	affective disorders/	9845
5	seasonal affective disorder/	854
6	postpartum depression/	2140
7	depressi*.tw.	151793
8	dysthym*.tw.	3037
9	6 or 3 or 7 or 2 or 8 or 1 or 4 or 5	160710
10	(genotype or gene or polymorphism or metabolism or cell* or "in vitro" or DNA or RNA or mouse or mice).mp. [mp=title, abstract, heading word, table of contents, key concepts]	101365
11	exp humor/	3313
12	humor.mp. [mp=title, abstract, heading word, table of contents, key concepts]	4874
13	humour.mp. [mp=title, abstract, heading word, table of contents, key concepts]	459
14	comedy.mp.	494
15	exp Laughter/ or laugh*.mp.	1880
16	11 or 13 or 12 or 15 or 14	6802
17	16 and 9	337
18	limit 17 to human	331
19	18 not 10	324

중재법: 5-HYDOXTRYPTOPHAN

검색 DB: Ovid MEDLINE(R) 1950 to September Week 1 2009

#	Searches	Results
1	Depression/	53795
2	exp Depressive Disorder/	62775
3	depressi*.tw.	176027
4	dysthym*.tw.	2125
5	4 or 1 or 3 or 2	211038
6	(genotype or gene or polymorphism or metabolism or cell* or "in vitro" or DNA or RNA or mouse or mice).mp. [mp=title, original title, abstract, name of substance word, subject	5187977

	heading word]	
7	5-hydroxytryptophan.mp. or 5-Hydroxytryptophan/	4820
8	5-HTP.mp. [mp=title, original title, abstract, name of substance word, subject heading word]	1590
9	8 or 7	5069
10	9 and 5	316
11	limit 10 to humans	213
12	11 not 6	163

검색 DB: EMBASE (~2009.9.24)

#	Searches	Results
#1	'depression'/de AND [embase]/lim	142125
#2	depressi*:ab,ti AND [embase]/lim	172147
#3	dysthym*:ab,ti AND [embase]/lim	2207
#4	#1 OR #2 OR #3	223347
#5	genotype:ab,ti OR gene:ab,ti OR polymorphism:ab,ti OR metabolism:ab,ti OR cell*:ab,ti OR 'in vitro':ab,ti OR dna:ab,ti OR rna:ab,ti OR mouse:ab,ti OR mice:ab,ti AND [embase]/lim	3675841
#6	'5 hydroxytryptophan'/de AND [embase]/lim	4901
#7	'5 hydroxytryptophan':ab,ti OR '5-hydroxytryptophan':ab,ti AND [embase]/lim	2720
#8	'5-htp':ab,ti AND [embase]/lim	1665
#9	#7 OR #8 OR #9	5760
#10	#4 AND #10	649
#11	#10 AND [humans]/lim AND [embase]/lim	321
#12	#11 NOT #5	279

검색 DB: COCHRANE(~2009-10-10)

#	Searches	Results
#1	MeSH descriptor Depression, this term only	3670
#2	MeSH descriptor Depressive Disorder explode all trees	5712
#3	depressi*:ab,ti	21296
#4	dysthym*:ab,ti	371
#5	(#1OR#2OR#3OR#4)	23265
#6	(genotype or gene or polymorphism or metabolism or cell* or "in vitro" or DNA or RNA or mouse or mice):ab,ti	54792
#7	MeSH descriptor 5-Hydroxytryptophan explode all trees	87
#8	5-hydroxytryptophan:ab,ti	100
#9	5-HTP:ab,ti	66
#10	(#7 OR #8 OR #9)	142
#11	(#5 AND #10)	33
#12	(#11 AND NOT #6)	30

검색 DB: PsycINFO 1967 to October Week 1 2009

#	Searches	Results
1	"Depression (Emotion)"/	20431
2	Sadness/	1039

3	dysthymic disorder/	1387
4	affective disorders/	9845
5	seasonal affective disorder/	854
6	postpartum depression/	2140
7	depressi*.tw.	151793
8	dysthym*.tw.	3037
9	6 or 3 or 7 or 2 or 8 or 1 or 4 or 5	160710
10	(genotype or gene or polymorphism or metabolism or cell* or "in vitro" or DNA or RNA or mouse or mice).mp. [mp=title, abstract, heading word, table of contents, key concepts]	101365
11	exp "Hydroxytryptophan (5-)" / or hydroxytryptophan.mp.	684
12	5-HTP.mp.	476
13	11 or 12	769
14	13 and 9	127
15	limit 14 to human	86
16	15 not 10	69

중재법: LIGHT THERAPY

검색 DB: Ovid MEDLINE(R) 1950 to September Week 1 2009

#	Searches	Results
1	Depression/	53795
2	exp Depressive Disorder/	62775
3	depressi*.tw.	176027
4	dysthym*.tw.	2125
5	4 or 1 or 3 or 2	211038
6	(genotype or gene or polymorphism or metabolism or cell* or "in vitro" or DNA or RNA or mouse or mice).mp. [mp=title, original title, abstract, name of substance word, subject heading word]	5187977
7	Phototherapy/	4290
8	(light therapy or phototherapy).mp. [mp=title, original title, abstract, name of substance word, subject heading word]	6594
9	8 or 7	6594
10	9 and 5	809
11	limit 10 to humans	802
12	11 not 6	761

검색 DB: EMBASE (~2009.9.24)

#	Searches	Results
#1	'depression'/de AND [embase]/lim	142125
#2	depressi*:ab,ti AND [embase]/lim	172147
#3	dysthym*:ab,ti AND [embase]/lim	2207
#4	#1 OR #2 OR #3	223347
#5	genotype:ab,ti OR gene:ab,ti OR polymorphism:ab,ti OR metabolism:ab,ti OR cell*:ab,ti OR 'in vitro':ab,ti OR dna:ab,ti OR rna:ab,ti OR mouse:ab,ti OR mice:ab,ti AND	3675841

	[embase]/lim	
#6	'phototherapy'/de AND [embase]/lim	7969
#7	'light therapy':ab,ti OR 'phototherapy':ab,ti AND [embase]/lim	4287
#8	#6 OR #7	8987
#9	#4 AND #8	862
#10	#9 AND [humans]/lim AND [embase]/lim	829
#11	#10 NOT #5	783

검색 DB: COCHRANE(~2009-10-10)

#	Searches	Results
#1	MeSH descriptor Depression, this term only	3670
#2	MeSH descriptor Depressive Disorder explode all trees	5712
#3	depressi*:ab,ti	21296
#4	dysthym*:ab,ti	371
#5	(#10R#20R#30R#4)	23265
#6	(genotype or gene or polymorphism or metabolism or cell* or "in vitro" or DNA or RNA or mouse or mice):ab,ti	54792
#7	MeSH descriptor Phototherapy, this term only	471
#8	("light therapy" or phototherapy):ab,ti	857
#9	(#7 OR #8)	1019
#10	(#5 AND #9)	216
#11	(#10 AND NOT #6)	209

검색 DB: PsycINFO 1967 to October Week 1 2009

#	Searches	Results
1	"Depression (Emotion)"/	20431
2	Sadness/	1039
3	dysthymic disorder/	1387
4	affective disorders/	9845
5	seasonal affective disorder/	854
6	postpartum depression/	2140
7	depressi*.tw.	151793
8	dysthym*.tw.	3037
9	6 or 3 or 7 or 2 or 8 or 1 or 4 or 5	160710
10	(genotype or gene or polymorphism or metabolism or cell* or "in vitro" or DNA or RNA or mouse or mice).mp. [mp=title, abstract, heading word, table of contents, key concepts]	101365
11	phototherapy.mp. or Phototherapy/	739
12	light therapy.mp. [mp=title, abstract, heading word, table of contents, key concepts]	565
13	11 or 12	915
14	13 and 9	647
15	limit 14 to human	628

중재법: MASSAGE

검색 DB: Ovid MEDLINE(R) 1950 to September Week 1 2009

#	Searches	Results
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1	Depression/	53795
2	exp Depressive Disorder/	62775
3	depressi*.tw.	176027
4	dysthym*.tw.	2125
5	4 or 1 or 3 or 2	211038
6	(genotype or gene or polymorphism or metabolism or cell* or "in vitro" or DNA or RNA or mouse or mice).mp. [mp=title, original title, abstract, name of substance word, subject heading word]	5187977
7	Massage/ or massage.mp.	8818
8	7 and 5	201
9	limit 8 to humans	199
10	9 not 6	184

검색 DB: EMBASE (~2009.9.24)

#	Searches	Results
#1	'depression'/de AND [embase]/lim	142125
#2	depressi*:ab,ti AND [embase]/lim	172147
#3	dysthym*:ab,ti AND [embase]/lim	2207
#4	#1 OR #2 OR #3	223347
#5	genotype:ab,ti OR gene:ab,ti OR polymorphism:ab,ti OR metabolism:ab,ti OR cell*:ab,ti OR 'in vitro':ab,ti OR dna:ab,ti OR rna:ab,ti OR mouse:ab,ti OR mice:ab,ti AND [embase]/lim	3675841
#6	'massage'/de AND [embase]/lim	4129
#7	massage:ab,ti AND [embase]/lim	4001
#8	#6 OR #7	6294
#9	#4 AND #8	377
#10	#9 NOT #5	362

검색 DB: COCHRANE(~2009-10-10)

#	Searches	Results
#1	MeSH descriptor Depression, this term only	3670
#2	MeSH descriptor Depressive Disorder explode all trees	5712
#3	depressi*:ab,ti	21296
#4	dysthym*:ab,ti	371
#5	(#1OR#2OR#3OR#4)	23265
#6	(genotype or gene or polymorphism or metabolism or cell* or "in vitro" or DNA or RNA or mouse or mice):ab,ti	54792
#7	MeSH descriptor Massage explode all trees	586
#8	massage:ab,ti	870
#9	(#7 OR #8)	1103
#10	(#5 AND #9)	83
#11	(#10 AND NOT #6)	77

검색 DB: PsycINFO 1967 to October Week 1 2009

#	Searches	Results
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1	"Depression (Emotion)"/	20431
2	Sadness/	1039
3	dysthymic disorder/	1387
4	affective disorders/	9845
5	seasonal affective disorder/	854
6	postpartum depression/	2140
7	depressi*.tw.	151793
8	dysthym*.tw.	3037
9	6 or 3 or 7 or 2 or 8 or 1 or 4 or 5	160710
10	(genotype or gene or polymorphism or metabolism or cell* or "in vitro" or DNA or RNA or mouse or mice).mp. [mp=title, abstract, heading word, table of contents, key concepts]	101365
11	Massage/ or massage.mp.	719
12	11 and 9	104
13	limit 12 to human	100
14	13 not 10	94

중재법: MEDITATION

검색 DB: Ovid MEDLINE(R) 1950 to September Week 1 2009

#	Searches	Results
1	Depression/	53795
2	exp Depressive Disorder/	62775
3	depressi*.tw.	176027
4	dysthym*.tw.	2125
5	4 or 1 or 3 or 2	211038
6	(genotype or gene or polymorphism or metabolism or cell* or "in vitro" or DNA or RNA or mouse or mice).mp. [mp=title, original title, abstract, name of substance word, subject heading word]	5187977
7	Meditation/	742
8	meditat*.mp. [mp=title, original title, abstract, name of substance word, subject heading word]	1957
9	mindfulness.mp. [mp=title, original title, abstract, name of substance word, subject heading word]	453
10	8 or 7 or 9	2193
11	10 and 5	227
12	limit 11 to humans	218
13	12 not 6	210

검색 DB: EMBASE (~2009.9.24)

#	Searches	Results
#1	'depression'/de AND [embase]/lim	142125
#2	depressi*:ab,ti AND [embase]/lim	172147
#3	dysthym*:ab,ti AND [embase]/lim	2207
#4	#1 OR #2 OR #3	223347
#5	genotype:ab,ti OR gene:ab,ti OR polymorphism:ab,ti OR	3675841

	metabolism:ab,ti OR cell*:ab,ti OR 'in vitro':ab,ti OR dna:ab,ti OR rna:ab,ti OR mouse:ab,ti OR mice:ab,ti AND [embase]/lim	
#6	'meditation'/de AND [embase]/lim	1621
#7	meditat*:ab,ti AND [embase]/lim	1583
#8	mindfulness:ab,ti AND [embase]/lim	493
#9	#6 OR #7 OR #8	2642
#10	#4 AND #9	369
#11	#10 AND [humans]/lim AND [embase]/lim	333
#12	#11 NOT #5	329

검색 DB: COCHRANE(~2009-10-10)

#	Searches	Results
#1	MeSH descriptor Depression, this term only	3670
#2	MeSH descriptor Depressive Disorder explode all trees	5712
#3	depressi*:ab,ti	21296
#4	dysthym*:ab,ti	371
#5	(#10R#20R#30R#4)	23265
#6	(genotype or gene or polymorphism or metabolism or cell* or "in vitro" or DNA or RNA or mouse or mice):ab,ti	54792
#7	MeSH descriptor Meditation explode all trees	111
#8	meditat*:ab,ti	302
#9	mindfulness:ab,ti	133
#10	(#7 OR #8 OR #9)	393
#11	(#5 AND #10)	68
#12	(#11 AND NOT #6)	66

검색 DB: PsycINFO 1967 to October Week 1 2009

#	Searches	Results
1	"Depression (Emotion)"/	20431
2	Sadness/	1039
3	dysthymic disorder/	1387
4	affective disorders/	9845
5	seasonal affective disorder/	854
6	postpartum depression/	2140
7	depressi*.tw.	151793
8	dysthym*.tw.	3037
9	6 or 3 or 7 or 2 or 8 or 1 or 4 or 5	160710
10	(genotype or gene or polymorphism or metabolism or cell* or "in vitro" or DNA or RNA or mouse or mice).mp. [mp=title, abstract, heading word, table of contents, key concepts]	101365
11	Meditation/	2084
12	mindfulness.mp. [mp=title, abstract, heading word, table of contents, key concepts]	1604
13	11 or 12	3334
14	13 and 9	350
15	limit 14 to human	347
16	15 not 10	342

중재법: MUSIC		
검색 DB: Ovid MEDLINE(R) 1950 to September Week 1 2009		
#	Searches	Results
1	Depression/	53795
2	exp Depressive Disorder/	62775
3	depressi*.tw.	176027
4	dysthym*.tw.	2125
5	4 or 1 or 3 or 2	211038
6	(genotype or gene or polymorphism or metabolism or cell* or "in vitro" or DNA or RNA or mouse or mice).mp. [mp=title, original title, abstract, name of substance word, subject heading word]	5187977
7	Music Therapy/ or Music/ or music.mp.	10762
8	7 and 5	295
9	limit 8 to humans	285
10	9 not 6	275
검색 DB: EMBASE (~2009.9.24)		
#	Searches	Results
#1	'depression'/de AND [embase]/lim	142125
#2	depressi*:ab,ti AND [embase]/lim	172147
#3	dysthym*:ab,ti AND [embase]/lim	2207
#4	#1 OR #2 OR #3	223347
#5	genotype:ab,ti OR gene:ab,ti OR polymorphism:ab,ti OR metabolism:ab,ti OR cell*:ab,ti OR 'in vitro':ab,ti OR dna:ab,ti OR rna:ab,ti OR mouse:ab,ti OR mice:ab,ti AND [embase]/lim	3675841
#6	'music therapy'/de AND [embase]/lim	1628
#7	'music'/de AND [embase]/lim	3774
#8	music:ab,ti AND [embase]/lim	4448
#9	#6 OR #7 OR #8	6729
#10	#4 AND #9	332
#11	#10 AND [humans]/lim AND [embase]/lim	303
#12	#11 NOT #5	293
검색 DB: COCHRANE(~2009-10-10)		
#	Searches	Results
#1	MeSH descriptor Depression, this term only	3670
#2	MeSH descriptor Depressive Disorder explode all trees	5712
#3	depressi*:ab,ti	21296
#4	dysthym*:ab,ti	371
#5	(#1OR#2OR#3OR#4)	23265
#6	(genotype or gene or polymorphism or metabolism or cell* or "in vitro" or DNA or RNA or mouse or mice):ab,ti	54792
#7	MeSH descriptor Music explode all trees	253

#8	MeSH descriptor Music Therapy explode all trees	303
#9	music:ab,ti	826
#10	(#7 OR #8 OR #9)	922
#11	(#5 AND #10)	75
#12	(#11 AND NOT #6)	70

검색 DB: PsycINFO 1967 to October Week 1 2009

#	Searches	Results
1	"Depression (Emotion)"/	20431
2	Sadness/	1039
3	dysthymic disorder/	1387
4	affective disorders/	9845
5	seasonal affective disorder/	854
6	postpartum depression/	2140
7	depressi*.tw.	151793
8	dysthym*.tw.	3037
9	6 or 3 or 7 or 2 or 8 or 1 or 4 or 5	160710
10	(genotype or gene or polymorphism or metabolism or cell* or "in vitro" or DNA or RNA or mouse or mice).mp. [mp=title, abstract, heading word, table of contents, key concepts]	101365
11	Music/ or Music Therapy/ or music.mp.	15776
12	11 and 9	433
13	limit 12 to human	426
14	13 not 10	419

중재법: NATURAL PROGESTERONE

검색 DB: Ovid MEDLINE(R) 1950 to September Week 1 2009

#	Searches	Results
1	Depression/	53795
2	exp Depressive Disorder/	62775
3	depressi*.tw.	176027
4	dysthym*.tw.	2125
5	4 or 1 or 3 or 2	211038
6	(genotype or gene or polymorphism or metabolism or cell* or "in vitro" or DNA or RNA or mouse or mice).mp. [mp=title, original title, abstract, name of substance word, subject heading word]	5187977
7	natural progesterone.mp.	211
8	progestogen*.mp. [mp=title, original title, abstract, name of substance word, subject heading word]	4136
9	8 or 7	4302
10	9 and 5	96
11	limit 10 to humans	86
12	11 not 6	67

검색 DB: EMBASE (~2009.9.24)

#	Searches	Results
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#1	depression'/de AND [embase]/lim	141739
#2	depressi*:ab,ti AND [embase]/lim	171788
#3	dysthym*:ab,ti AND [embase]/lim	2205
#4	#1 OR #2 OR #3	222824
#5	genotype:ab,ti OR gene:ab,ti OR polymorphism:ab,ti OR metabolism:ab,ti OR cell*:ab,ti OR 'in vitro':ab,ti OR dna:ab,ti OR rna:ab,ti OR mouse:ab,ti OR mice:ab,ti AND [embase]/lim	3669696
#6	'natural progesterone':ab,ti AND [embase]/lim	213
#7	progestogen*:ab,ti AND [embase]/lim	3675
#8	#6 OR #7	3842
#9	#4 AND #8	174
#10	#9 AND [humans]/lim AND [embase]/lim	141
#11	#10 NOT #5	125

검색 DB: COCHRANE(~2009-10-10)

#	Searches	Results
#1	MeSH descriptor Depression, this term only	3471
#2	MeSH descriptor Depressive Disorder explode all trees	5537
#3	depressi*:ab,ti	19996
#4	dysthym*:ab,ti	358
#5	(#10R#20R#30R#4)	21898
#6	(genotype or gene or polymorphism or metabolism or cell* or "in vitro" or DNA or RNA or mouse or mice):ab,ti	53764
#7	natural progesterone:ab,ti	53
#8	progestogen*:ab,ti	595
#9	(#7 OR #8)	641
#10	(#5 AND #9)	22
#11	(#10ANDNOT#6)	20

검색 DB: PsycINFO 1967 to October Week 1 2009

#	Searches	Results
1	"Depression (Emotion)"/	20431
2	Sadness/	1039
3	dysthymic disorder/	1387
4	affective disorders/	9845
5	seasonal affective disorder/	854
6	postpartum depression/	2140
7	depressi*.tw.	151793
8	dysthym*.tw.	3037
9	6 or 3 or 7 or 2 or 8 or 1 or 4 or 5	160710
10	(genotype or gene or polymorphism or metabolism or cell* or "in vitro" or DNA or RNA or mouse or mice).mp. [mp=title, abstract, heading word, table of contents, key concepts]	101365
11	natural progesterone.mp.	18
12	progestogen*.mp. [mp=title, abstract, heading word, table of contents, key concepts]	88

13	11 or 12	106
14	13 and 9	17
15	limit 14 to human	17
16	15 not 10	16

중재법: OMEGA-3

검색 DB: Ovid MEDLINE(R) 1950 to September Week 1 2009		
#	Searches	Results
1	Depression/	53795
2	exp Depressive Disorder/	62775
3	depressi*.tw.	176027
4	dysthym*.tw.	2125
5	4 or 1 or 3 or 2	211038
6	(genotype or gene or polymorphism or metabolism or cell* or "in vitro" or DNA or RNA or mouse or mice).mp. [mp=title, original title, abstract, name of substance word, subject heading word]	5187977
7	Fatty Acids, Omega-3/ or Fish Oils/	9196
8	omega-3.mp. [mp=title, original title, abstract, name of substance word, subject heading word]	7784
9	fish oil*.mp. [mp=title, original title, abstract, name of substance word, subject heading word]	6690
10	Fatty Acids, Essential/	3876
11	"essential fatty acid".mp. [mp=title, original title, abstract, name of substance word, subject heading word]	1976
12	8 or 11 or 7 or 10 or 9	16417
13	12 and 5	389
14	limit 13 to humans	323
15	14 not 6	226

검색 DB: EMBASE (~2009.9.24)		
#	Searches	Results
#1	'depression'/de AND [embase]/lim	142125
#2	depressi*:ab,ti AND [embase]/lim	172147
#3	dysthym*:ab,ti AND [embase]/lim	2207
#4	#1 OR #2 OR #3	223347
#5	genotype:ab,ti OR gene:ab,ti OR polymorphism:ab,ti OR metabolism:ab,ti OR cell*:ab,ti OR 'in vitro':ab,ti OR dna:ab,ti OR rna:ab,ti OR mouse:ab,ti OR mice:ab,ti AND [embase]/lim	3675841
#6	'omega 3 fatty acid'/de AND [embase]/lim	8421
#7	'fish oil'/de AND [embase]/lim	6968
#8	'omega 3':ab,ti AND [embase]/lim	2653
#9	'fish oil':ab,ti OR 'fish oils':ab,ti AND [embase]/lim	5054
#10	'essential fatty acid'/de AND [embase]/lim	1899
#11	'essential fatty acid':ab,ti AND [embase]/lim	1762

#12	#6 OR #7 OR #8 OR #9 OR #10 OR #11	16775
#13	#4 AND #12	665
#14	#13 AND [humans]/lim AND [embase]/lim	592
#15	#14 NOT #5	478

검색 DB: COCHRANE(~2009-10-10)		
#	Searches	Results
#1	MeSH descriptor Depression, this term only	3670
#2	MeSH descriptor Depressive Disorder explode all trees	5712
#3	depressi*:ab,ti	21296
#4	dysthym*:ab,ti	371
#5	(#10R#20R#30R#4)	23265
#6	(genotype or gene or polymorphism or metabolism or cell* or "in vitro" or DNA or RNA or mouse or mice):ab,ti	54792
#7	MeSH descriptor Fatty Acids, Omega-3 explode all trees	1239
#8	MeSH descriptor Fish Oils, this term only	590
#9	"omega-3":ab,ti	707
#10	fish oil*:ab,ti	929
#11	MeSH descriptor Fatty Acids, Essential explode all trees	709
#12	essential fatty acid:ab,ti	124
#13	(#7 OR #8 OR #9 OR #10 OR #11 OR #12)	2470
#14	(#5 AND #13)	67
#15	(#14 AND NOT #6)	47

검색 DB: PsycINFO 1967 to October Week 1 2009		
#	Searches	Results
1	"Depression (Emotion)"/	20431
2	Sadness/	1039
3	dysthymic disorder/	1387
4	affective disorders/	9845
5	seasonal affective disorder/	854
6	postpartum depression/	2140
7	depressi*.tw.	151793
8	dysthym*.tw.	3037
9	6 or 3 or 7 or 2 or 8 or 1 or 4 or 5	160710
10	(genotype or gene or polymorphism or metabolism or cell* or "in vitro" or DNA or RNA or mouse or mice).mp. [mp=title, abstract, heading word, table of contents, key concepts]	101365
11	omega-3.mp.	354
12	fish oil*.mp. [mp=title, abstract, heading word, table of contents, key concepts]	64
13	essential fatty acid*.mp. [mp=title, abstract, heading word, table of contents, key concepts]	143
14	11 or 13 or 12	491
15	9 and 14	172
16	limit 15 to human	153
17	16 not 10	125

중재법: PETS		
검색 DB: Ovid MEDLINE(R) 1950 to September Week 1 2009		
#	Searches	Results
1	Depression/	53795
2	exp Depressive Disorder/	62775
3	depressi*.tw.	176027
4	dysthym*.tw.	2125
5	4 or 1 or 3 or 2	211038
6	(genotype or gene or polymorphism or metabolism or cell* or "in vitro" or DNA or RNA or mouse or mice).mp. [mp=title, original title, abstract, name of substance word, subject heading word]	5187977
7	pets.mp. or Animals, Domestic/	13700
8	7 and 5	72
9	limit 8 to humans	41
10	9 not 6	41
검색 DB: EMBASE (~2009.9.24)		
#	Searches	Results
#1	'depression'/de AND [embase]/lim	142125
#2	depressi*:ab,ti AND [embase]/lim	172147
#3	dysthym*:ab,ti AND [embase]/lim	2207
#4	#1 OR #2 OR #3	223347
#5	genotype:ab,ti OR gene:ab,ti OR polymorphism:ab,ti OR metabolism:ab,ti OR cell*:ab,ti OR 'in vitro':ab,ti OR dna:ab,ti OR rna:ab,ti OR mouse:ab,ti OR mice:ab,ti AND [embase]/lim	3675841
#6	'domestic animal'/de AND [embase]/lim	3020
#7	'pet animal'/exp AND [embase]/lim	384
#8	pets:ab,ti AND [embase]/lim	1741
#9	#6 OR #7 OR #8	4653
#10	#4 AND #9	40
#11	#10 AND [humans]/lim AND [embase]/lim	24
#12	#11 NOT #5	23
검색 DB: COCHRANE(~2009-10-10)		
#	Searches	Results
#1	MeSH descriptor Depression, this term only	3670
#2	MeSH descriptor Depressive Disorder explode all trees	5712
#3	depressi*:ab,ti	21296
#4	dysthym*:ab,ti	371
#5	(#1OR#2OR#3OR#4)	23265
#6	(genotype or gene or polymorphism or metabolism or cell* or "in vitro" or DNA or RNA or mouse or mice):ab,ti	54792
#7	MeSH descriptor Animals, Domestic, this term only	41
#8	pets:ab,ti	1297

#9	(#7 OR #8)	1318
#10	(#5 AND #9)	55
#11	(#10 AND NOT #6)	33

검색 DB: PsycINFO 1967 to October Week 1 2009

#	Searches	Results
1	"Depression (Emotion)"/	20431
2	Sadness/	1039
3	dysthymic disorder/	1387
4	affective disorders/	9845
5	seasonal affective disorder/	854
6	postpartum depression/	2140
7	depressi*.tw.	151793
8	dysthym*.tw.	3037
9	6 or 3 or 7 or 2 or 8 or 1 or 4 or 5	160710
10	(genotype or gene or polymorphism or metabolism or cell* or "in vitro" or DNA or RNA or mouse or mice).mp. [mp=title, abstract, heading word, table of contents, key concepts]	101365
11	pets.mp. or Pets/	1223
12	11 and 9	54
13	limit 12 to human	51
14	13 not 10	50

중재법: PILATES

검색 DB: Ovid MEDLINE(R) 1950 to September Week 1 2009

#	Searches	Results
1	Depression/	53914
2	exp Depressive Disorder/	62892
3	depressi*.tw.	176407
4	dysthym*.tw.	2131
5	4 or 1 or 3 or 2	211455
6	(genotype or gene or polymorphism or metabolism or cell* or "in vitro" or DNA or RNA or mouse or mice).mp. [mp=title, original title, abstract, name of substance word, subject heading word]	5197620
7	pilates.mp. [mp=title, original title, abstract, name of substance word, subject heading word]	36
8	limit 7 to humans	36
9	8 not 6	36

검색 DB: EMBASE (~2009.9.24)

#	Searches	Results
#1	'depression'/de AND [embase]/lim	142125
#2	depressi*:ab,ti AND [embase]/lim	172147
#3	dysthym*:ab,ti AND [embase]/lim	2207
#4	#1 OR #2 OR #3	223347
#5	genotype:ab,ti OR gene:ab,ti OR polymorphism:ab,ti OR	3675841

	metabolism:ab,ti OR cell*:ab,ti OR 'in vitro':ab,ti OR dna:ab,ti OR rna:ab,ti OR mouse:ab,ti OR mice:ab,ti AND [embase]/lim	
#6	'pilates'/de OR 'pilates' AND [embase]/lim	58
#7	#6 AND [humans]/lim AND [embase]/lim	55
#8	#7 NOT #5	55

검색 DB: COCHRANE(~2009-10-10)

#	Searches	Results
#1	MeSH descriptor Depression, this term only	3670
#2	MeSH descriptor Depressive Disorder explode all trees	5712
#3	depressi*:ab,ti	21296
#4	dysthym*:ab,ti	371
#5	(#1OR#2OR#3OR#4)	23265
#6	(genotype or gene or polymorphism or metabolism or cell* or "in vitro" or DNA or RNA or mouse or mice):ab,ti	54792
#7	pilates:ab,ti	12
#8	(#7 AND NOT #6)	12

검색 DB: PsycINFO 1967 to October Week 1 2009

#	Searches	Results
1	"Depression (Emotion)"/	20431
2	Sadness/	1039
3	dysthymic disorder/	1387
4	affective disorders/	9845
5	seasonal affective disorder/	854
6	postpartum depression/	2140
7	depressi*.tw.	151793
8	dysthym*.tw.	3037
9	6 or 3 or 7 or 2 or 8 or 1 or 4 or 5	160710
10	(genotype or gene or polymorphism or metabolism or cell* or "in vitro" or DNA or RNA or mouse or mice).mp. [mp=title, abstract, heading word, table of contents, key concepts]	101365
11	pilates.mp.	11
12	limit 11 to human	11
13	12 not 10	10

중재법: PLEASANT ACTIVITIES

검색 DB: Ovid MEDLINE(R) 1950 to September Week 1 2009

#	Searches	Results
1	Depression/	53795
2	exp Depressive Disorder/	62775
3	depressi*.tw.	176027
4	dysthym*.tw.	2125
5	4 or 1 or 3 or 2	211038
6	(genotype or gene or polymorphism or metabolism or cell* or "in vitro" or DNA or RNA or mouse or mice).mp. [mp=title,	5187977

	original title, abstract, name of substance word, subject heading word]	
7	pleasant activit*.mp. [mp=title, original title, abstract, name of substance word, subject heading word]	42
8	pleasant event*.mp. [mp=title, original title, abstract, name of substance word, subject heading word]	58
9	activity scheduling.mp. [mp=title, original title, abstract, name of substance word, subject heading word]	11
10	behavioral activation.mp. [mp=title, original title, abstract, name of substance word, subject heading word]	571
11	behavioural activation.mp. [mp=title, original title, abstract, name of substance word, subject heading word]	115
12	8 or 11 or 7 or 10 or 9	790
13	12 and 5	182
14	limit 13 to humans	158
15	14 not 6	154

검색 DB: EMBASE (~2009.9.24)

#	Searches	Results
#1	depression'/de AND [embase]/lim	142125
#2	depressi*:ab,ti AND [embase]/lim	172172
#3	dysthym*:ab,ti AND [embase]/lim	2207
#4	#1 OR #2 OR #3	223379
#5	genotype:ab,ti OR gene:ab,ti OR polymorphism:ab,ti OR metabolism:ab,ti OR cell*:ab,ti OR 'in vitro':ab,ti OR dna:ab,ti OR rna:ab,ti OR mouse:ab,ti OR mice:ab,ti AND [embase]/lim	3676302
#6	'pleasant activity':ab,ti OR 'pleasant activities':ab,ti AND [embase]/lim	52
#7	'pleasant event':ab,ti OR 'pleasant events':ab,ti AND [embase]/lim	71
#8	'activity scheduling':ab,ti AND [embase]/lim	15
#9	'behavioral activation':ab,ti AND [embase]/lim	576
#10	'behavioural activation':ab,ti AND [embase]/lim	130
#11	#6 OR #7 OR #8 OR #9 OR #10	828
#12	#4 AND #11	227
#13	#12 AND [humans]/lim AND [embase]/lim	181
#14	#13 NOT #5	178

검색 DB: COCHRANE(~2009-10-10)

#	Searches	Results
#1	MeSH descriptor Depression, this term only	3670
#2	MeSH descriptor Depressive Disorder explode all trees	5712
#3	depressi*:ab,ti	21296
#4	dysthym*:ab,ti	371
#5	(#1OR#2OR#3OR#4)	23265

#6	(genotype or gene or polymorphism or metabolism or cell* or "in vitro" or DNA or RNA or mouse or mice):ab,ti	54792
#7	pleasant activities:ab,ti	10
#8	pleasant activity:ab,ti	2
#9	pleasant events:ab,ti	11
#10	activity scheduling:ab,ti	5
#11	behavioral activation:ab,ti	45
#12	behavioural activation:ab,ti	2
#13	(#7 OR #8 OR #9 OR #10 OR #11 OR #12)	74
#14	(#5 AND #13)	49
#15	(#14 AND NOT #6)	48

검색 DB: PsycINFO 1967 to October Week 1 2009

#	Searches	Results
1	"Depression (Emotion)"/	20431
2	Sadness/	1039
3	dysthymic disorder/	1387
4	affective disorders/	9845
5	seasonal affective disorder/	854
6	postpartum depression/	2140
7	depressi*.tw.	151793
8	dysthym*.tw.	3037
9	6 or 3 or 7 or 2 or 8 or 1 or 4 or 5	160710
10	(genotype or gene or polymorphism or metabolism or cell* or "in vitro" or DNA or RNA or mouse or mice).mp. [mp=title, abstract, heading word, table of contents, key concepts]	101365
11	pleasant activit*.mp. [mp=title, abstract, heading word, table of contents, key concepts]	103
12	pleasant event*.mp. [mp=title, abstract, heading word, table of contents, key concepts]	168
13	activity scheduling.mp. [mp=title, abstract, heading word, table of contents, key concepts]	41
14	behavioral activation.mp. [mp=title, abstract, heading word, table of contents, key concepts]	665
15	behavioural activation.mp. [mp=title, abstract, heading word, table of contents, key concepts]	88
16	11 or 13 or 12 or 15 or 14	1016
17	16 and 9	357
18	limit 17 to human	331
19	18 not 10	328

중재법: PRAYER

검색 DB: Ovid MEDLINE(R) 1950 to September Week 1 2009

#	Searches	Results
1	Depression/	53795
2	exp Depressive Disorder/	62775

3	depressi*.tw.	176027
4	dysthym*.tw.	2125
5	4 or 1 or 3 or 2	211038
6	(genotype or gene or polymorphism or metabolism or cell* or "in vitro" or DNA or RNA or mouse or mice).mp. [mp=title, original title, abstract, name of substance word, subject heading word]	5187977
7	prayer.mp. [mp=title, original title, abstract, name of substance word, subject heading word]	956
8	pray.mp. [mp=title, original title, abstract, name of substance word, subject heading word]	133
9	8 or 7	1055
10	9 and 5	76
11	limit 10 to humans	75
12	11 not 6	72

검색 DB: EMBASE (~2009.9.24)

#	Searches	Results
#1	depression'/de AND [embase]/lim	142125
#2	depressi*:ab,ti AND [embase]/lim	172172
#3	dysthym*:ab,ti AND [embase]/lim	2207
#4	#1 OR #2 OR #3	223379
#5	genotype:ab,ti OR gene:ab,ti OR polymorphism:ab,ti OR metabolism:ab,ti OR cell*:ab,ti OR 'in vitro':ab,ti OR dna:ab,ti OR rna:ab,ti OR mouse:ab,ti OR mice:ab,ti AND [embase]/lim	3676302
#6	prayer:ab,ti AND [embase]/lim	594
#7	pray:ab,ti AND [embase]/lim	111
#8	#6 OR #7	683
#9	#4 AND #8	66
#10	#9 AND [humans]/lim AND [embase]/lim	65
#11	#10 NOT #5	63

검색 DB: COCHRANE(~2009-10-10)

#	Searches	Results
#1	MeSH descriptor Depression, this term only	3670
#2	MeSH descriptor Depressive Disorder explode all trees	5712
#3	depressi*:ab,ti	21296
#4	dysthym*:ab,ti	371
#5	(#1OR#2OR#3OR#4)	23265
#6	(genotype or gene or polymorphism or metabolism or cell* or "in vitro" or DNA or RNA or mouse or mice):ab,ti	54792
#7	prayer:ab,ti	54
#8	pray:ab,ti	15
#9	(#7 OR #8)	60
#10	(#9 AND #5)	4
#11	(#10 AND NOT #6)	4

검색 DB: PsycINFO 1967 to October Week 1 2009		
#	Searches	Results
1	"Depression (Emotion)"/	20431
2	Sadness/	1039
3	dysthymic disorder/	1387
4	affective disorders/	9845
5	seasonal affective disorder/	854
6	postpartum depression/	2140
7	depressi*.tw.	151793
8	dysthym*.tw.	3037
9	6 or 3 or 7 or 2 or 8 or 1 or 4 or 5	160710
10	(genotype or gene or polymorphism or metabolism or cell* or "in vitro" or DNA or RNA or mouse or mice).mp. [mp=title, abstract, heading word, table of contents, key concepts]	101365
11	prayer.mp. or Prayer/	1416
12	pray.mp.	145
13	11 or 12	1494
14	13 and 9	146
15	limit 14 to human	145
16	15 not 10	142

중재법: QIGONG

검색 DB: Ovid MEDLINE(R) 1950 to September Week 1 2009		
#	Searches	Results
1	Depression/	53795
2	exp Depressive Disorder/	62775
3	depressi*.tw.	176027
4	dysthym*.tw.	2125
5	4 or 1 or 3 or 2	211038
6	(genotype or gene or polymorphism or metabolism or cell* or "in vitro" or DNA or RNA or mouse or mice).mp. [mp=title, original title, abstract, name of substance word, subject heading word]	5187977
7	qigong.mp. [mp=title, original title, abstract, name of substance word, subject heading word]	222
8	breathing exercises/	2228
9	8 or 7	2271
10	9 and 5	73
11	limit 10 to humans	72
12	11 not 6	67

검색 DB: EMBASE (~2009.9.24)		
#	Searches	Results
#1	depression'/de AND [embase]/lim	141739
#2	depressi*:ab,ti AND [embase]/lim	171788
#3	dysthym*:ab,ti AND [embase]/lim	2205

#4	#1 OR #2 OR #3	222824
#5	genotype:ab,ti OR gene:ab,ti OR polymorphism:ab,ti OR metabolism:ab,ti OR cell*:ab,ti OR 'in vitro':ab,ti OR dna:ab,ti OR rna:ab,ti OR mouse:ab,ti OR mice:ab,ti AND [embase]/lim	3669696
#6	qigong:ab,ti AND [embase]/lim	219
#7	'breathing exercise'/de AND [embase]/lim	1770
#8	#6 OR #7	1972
#9	#4 AND #8	97
#10	#9 AND [humans]/lim AND [embase]/lim	93
#11	#10 NOT #5	88

검색 DB: COCHRANE(~2009-10-10)

#	Searches	Results
#1	MeSH descriptor Depression, this term only	3471
#2	MeSH descriptor Depressive Disorder explode all trees	5537
#3	depressi*:ab,ti	19996
#4	dysthym*:ab,ti	358
#5	(#10R#20R#30R#4)	21898
#6	(genotype or gene or polymorphism or metabolism or cell* or "in vitro" or DNA or RNA or mouse or mice):ab,ti	53764
#7	qigong:ab,ti	79
#8	MeSH descriptor Breathing Exercises explode all trees	332
#9	#7 OR #8	367
#10	#5 AND #9	29
#11	#10 NOT #6	26

검색 DB: PsycINFO 1967 to October Week 1 2009

#	Searches	Results
1	"Depression (Emotion)"/	20431
2	Sadness/	1039
3	dysthymic disorder/	1387
4	affective disorders/	9845
5	seasonal affective disorder/	854
6	postpartum depression/	2140
7	depressi*.tw.	151793
8	dysthym*.tw.	3037
9	6 or 3 or 7 or 2 or 8 or 1 or 4 or 5	160710
10	(genotype or gene or polymorphism or metabolism or cell* or "in vitro" or DNA or RNA or mouse or mice).mp. [mp=title, abstract, heading word, table of contents, key concepts]	101365
11	qigong.mp.	111
12	breathing exercises.mp.	125
13	11 or 12	233
14	13 and 9	28
15	limit 14 to human	28
16	15 not 10	26

중재법: RECREATION		
검색 DB: Ovid MEDLINE(R) 1950 to September Week 1 2009		
#	Searches	Results
1	Depression/	53795
2	exp Depressive Disorder/	62775
3	depressi*.tw.	176027
4	dysthym*.tw.	2125
5	4 or 1 or 3 or 2	211038
6	(genotype or gene or polymorphism or metabolism or cell* or "in vitro" or DNA or RNA or mouse or mice).mp. [mp=title, original title, abstract, name of substance word, subject heading word]	5187977
7	recreation/	3831
8	hobbies/	656
9	leisure activities/	4450
10	recreation*.mp. [mp=title, original title, abstract, name of substance word, subject heading word]	11525
11	hobbies.mp. [mp=title, original title, abstract, name of substance word, subject heading word]	1045
12	leisure*.mp. [mp=title, original title, abstract, name of substance word, subject heading word]	8737
13	8 or 11 or 7 or 10 or 9 or 12	20497
14	13 and 5	761
15	limit 14 to humans	747
16	15 not 6	734
검색 DB: EMBASE (~2009.9.24)		
#	Searches	Results
#1	depression'/de AND [embase]/lim	142125
#2	depressi*:ab,ti AND [embase]/lim	172172
#3	dysthym*:ab,ti AND [embase]/lim	2207
#4	#1 OR #2 OR #3	223379
#5	genotype:ab,ti OR gene:ab,ti OR polymorphism:ab,ti OR metabolism:ab,ti OR cell*:ab,ti OR 'in vitro':ab,ti OR dna:ab,ti OR rna:ab,ti OR mouse:ab,ti OR mice:ab,ti AND [embase]/lim	3676302
#6	'recreation'/de AND [embase]/lim	4342
#7	'leisure'/de AND [embase]/lim	8095
#8	recreation:ab,ti OR recreations:ab,ti AND [embase]/lim	2142
#9	hobbies:ab,ti AND [embase]/lim	415
#10	leisure:ab,ti OR leisures:ab,ti AND [embase]/lim	5711
#11	#6 OR #7 OR #8 OR #9 OR #10	16210
#12	#4 AND #11	846
#13	#12 AND [humans]/lim AND [embase]/lim	765
#14	#13 NOT #5	753

검색 DB: COCHRANE(~2009-10-10)		
#	Searches	Results
#1	MeSH descriptor Depression, this term only	3670
#2	MeSH descriptor Depressive Disorder explode all trees	5712
#3	depressi*:ab,ti	21296
#4	dysthym*:ab,ti	371
#5	(#10R#20R#30R#4)	23265
#6	(genotype or gene or polymorphism or metabolism or cell* or "in vitro" or DNA or RNA or mouse or mice):ab,ti	54792
#7	MeSH descriptor Recreation, this term only	64
#8	MeSH descriptor Hobbies, this term only	1
#9	MeSH descriptor Leisure Activities, this term only	121
#10	recreation*:ab,ti	555
#11	hobbies:ab,ti	25
#12	leisure*:ab,ti	313
#13	(#7 OR #8 OR #9 OR #10 OR #11 OR #12)	969
#14	(#13 AND #5)	67
#15	(#14 AND NOT #6)	65

검색 DB: PsycINFO 1967 to October Week 1 2009		
#	Searches	Results
1	"Depression (Emotion)"/	20431
2	Sadness/	1039
3	dysthymic disorder/	1387
4	affective disorders/	9845
5	seasonal affective disorder/	854
6	postpartum depression/	2140
7	depressi*.tw.	151793
8	dysthym*.tw.	3037
9	6 or 3 or 7 or 2 or 8 or 1 or 4 or 5	160710
10	(genotype or gene or polymorphism or metabolism or cell* or "in vitro" or DNA or RNA or mouse or mice).mp. [mp=title, abstract, heading word, table of contents, key concepts]	101365
11	Recreation/	3226
12	hobbies.mp. or Hobbies/	459
13	leisure activities.mp.	1601
14	11 or 13 or 12	5007
15	9 and 14	197
16	limit 15 to human	197
17	16 not 10	195

중재법: REFLEXOLOGY

검색 DB: Ovid MEDLINE(R) 1950 to September Week 1 2009		
#	Searches	Results
1	Depression/	53795
2	exp Depressive Disorder/	62775
3	depressi*.tw.	176027

4	dysthym*.tw.	2125
5	4 or 1 or 3 or 2	211038
6	(genotype or gene or polymorphism or metabolism or cell* or "in vitro" or DNA or RNA or mouse or mice).mp. [mp=title, original title, abstract, name of substance word, subject heading word]	5187977
7	reflexology.mp. [mp=title, original title, abstract, name of substance word, subject heading word]	218
8	zone therapy.mp. [mp=title, original title, abstract, name of substance word, subject heading word]	29
9	8 or 7	243
10	9 and 5	11
11	limit 10 to humans	11
12	11 not 6	10

검색 DB: EMBASE (~2009.9.24)

#	Searches	Results
#1	depression'/de AND [embase]/lim	142213
#2	depressi*:ab,ti AND [embase]/lim	172223
#3	dysthym*:ab,ti AND [embase]/lim	2207
#4	#1 OR #2 OR #3	223452
#5	genotype:ab,ti OR gene:ab,ti OR polymorphism:ab,ti OR metabolism:ab,ti OR cell*:ab,ti OR 'in vitro':ab,ti OR dna:ab,ti OR rna:ab,ti OR mouse:ab,ti OR mice:ab,ti AND [embase]/lim	3676844
#6	'reflexology'/de AND [embase]/lim	182
#7	reflexology:ab,ti AND [embase]/lim	126
#8	'zone therapy':ab,ti AND [embase]/lim	11
#9	#6 OR #7 OR #8	269
#10	#4 AND #9	25
#11	#10 AND [embase]/lim	25
#12	#11 NOT #5	24

검색 DB: COCHRANE(~2009-10-10)

#	Searches	Results
#1	MeSH descriptor Depression, this term only	3670
#2	MeSH descriptor Depressive Disorder explode all trees	5712
#3	depressi*:ab,ti	21296
#4	dysthym*:ab,ti	371
#5	(#10R#20R#30R#4)	23265
#6	(genotype or gene or polymorphism or metabolism or cell* or "in vitro" or DNA or RNA or mouse or mice):ab,ti	54792
#7	reflexology:ab,ti	59
#8	zone therapy:ab,ti	6
#9	(#7 OR #8)	63

#10	(#9 AND #5)	2
#11	(#10 AND NOT #6)	2

검색 DB: PsycINFO 1967 to October Week 1 2009

#	Searches	Results
1	"Depression (Emotion)"/	20431
2	Sadness/	1039
3	dysthymic disorder/	1387
4	affective disorders/	9845
5	seasonal affective disorder/	854
6	postpartum depression/	2140
7	depressi*.tw.	151793
8	dysthym*.tw.	3037
9	6 or 3 or 7 or 2 or 8 or 1 or 4 or 5	160710
10	(genotype or gene or polymorphism or metabolism or cell* or "in vitro" or DNA or RNA or mouse or mice).mp. [mp=title, abstract, heading word, table of contents, key concepts]	101365
11	reflexology.mp.	93
12	zone therapy.mp.	2
13	11 or 12	95
14	13 and 9	3
15	limit 14 to human	3
16	15 not 10	3

중재법: RELAXATION

검색 DB: Ovid MEDLINE(R) 1950 to September Week 1 2009

#	Searches	Results
1	Depression/	53795
2	exp Depressive Disorder/	62775
3	depressi*.tw.	176027
4	dysthym*.tw.	2125
5	4 or 1 or 3 or 2	211038
6	(genotype or gene or polymorphism or metabolism or cell* or "in vitro" or DNA or RNA or mouse or mice).mp. [mp=title, original title, abstract, name of substance word, subject heading word]	5187977
7	Relaxation/	1557
8	Relaxation Therapy/	5137
9	7 or 8	6639
10	9 and 5	413
11	limit 10 to humans	411
12	11 not 6	398

검색 DB: EMBASE (~2009.9.24)

#	Searches	Results
#1	depression'/de AND [embase]/lim	142213
#2	depressi*:ab,ti AND [embase]/lim	172223
#3	dysthym*:ab,ti AND [embase]/lim	2207
#4	#1 OR #2 OR #3	223452
#5	genotype:ab,ti OR gene:ab,ti OR polymorphism:ab,ti OR metabolism:ab,ti OR cell*:ab,ti OR 'in vitro':ab,ti OR dna:ab,ti OR rna:ab,ti OR mouse:ab,ti OR mice:ab,ti AND [embase]/lim	3676844
#6	'relaxation training'/de AND [embase]/lim	3803
#7	#4 AND #6	741
#8	#7 AND [humans]/lim AND [embase]/lim	734
#9	#8 NOT #5	716

검색 DB: COCHRANE(~2009-10-10)

#	Searches	Results
#1	MeSH descriptor Depression, this term only	3670
#2	MeSH descriptor Depressive Disorder explode all trees	5712
#3	depressi*:ab,ti	21296
#4	dysthym*:ab,ti	371
#5	(#1OR#2OR#3OR#4)	23265
#6	(genotype or gene or polymorphism or metabolism or cell* or "in vitro" or DNA or RNA or mouse or mice):ab,ti	54792
#7	MeSH descriptor Relaxation explode all trees	891
#8	MeSH descriptor Relaxation Therapy explode all trees	1046
#9	(#7 OR #8)	1911
#10	(#9 AND #5)	190
#11	(#10 AND NOT #6)	183

검색 DB: PsycINFO 1967 to October Week 1 2009

#	Searches	Results
1	"Depression (Emotion)"/	20431
2	Sadness/	1039
3	dysthymic disorder/	1387
4	affective disorders/	9845
5	seasonal affective disorder/	854
6	postpartum depression/	2140
7	depressi*.tw.	151793
8	dysthym*.tw.	3037
9	6 or 3 or 7 or 2 or 8 or 1 or 4 or 5	160710
10	(genotype or gene or polymorphism or metabolism or cell* or "in vitro" or DNA or RNA or mouse or mice).mp. [mp=title, abstract, heading word, table of contents, key concepts]	101365
11	Relaxation/	1618
12	Relaxation Therapy/	2661

13	11 or 12	4219
14	13 and 9	291
15	limit 14 to human	289
16	15 not 10	283

중재법: SINGING

검색 DB: Ovid MEDLINE(R) 1950 to September Week 1 2009		
#	Searches	Results
1	Depression/	53914
2	exp Depressive Disorder/	62892
3	depressi*.tw.	176407
4	dysthym*.tw.	2131
5	4 or 1 or 3 or 2	211455
6	(genotype or gene or polymorphism or metabolism or cell* or "in vitro" or DNA or RNA or mouse or mice).mp. [mp=title, original title, abstract, name of substance word, subject heading word]	5197620
7	singing.mp. [mp=title, original title, abstract, name of substance word, subject heading word]	1340
8	sing.mp. [mp=title, original title, abstract, name of substance word, subject heading word]	561
9	song.mp. [mp=title, original title, abstract, name of substance word, subject heading word]	2767
10	choir.mp. [mp=title, original title, abstract, name of substance word, subject heading word]	114
11	8 or 7 or 9 or 10	4065
12	11 and 5	46
13	limit 11 to humans	25
14	13 not 6	24

검색 DB: EMBASE (~2009.9.24)		
#	Searches	Results
#1	depression'/de AND [embase]/lim	142213
#2	depressi*:ab,ti AND [embase]/lim	172223
#3	dysthym*:ab,ti AND [embase]/lim	2207
#4	#1 OR #2 OR #3	223452
#5	genotype:ab,ti OR gene:ab,ti OR polymorphism:ab,ti OR metabolism:ab,ti OR cell*:ab,ti OR 'in vitro':ab,ti OR dna:ab,ti OR rna:ab,ti OR mouse:ab,ti OR mice:ab,ti AND [embase]/lim	3676844
#6	'singing'/de AND [embase]/lim	1526
#7	singing:ab,ti AND [embase]/lim	1106
#8	sing:ab,ti AND [embase]/lim	494
#9	song:ab,ti AND [embase]/lim	2164

#10	choir:ab,ti AND [embase]/lim	94
#11	#6 OR #7 OR #8 OR #9 OR #10	3668
#12	#4 AND #11	49
#13	#12 AND [humans]/lim AND [embase]/lim	30
#14	#13 NOT #5	27

검색 DB: COCHRANE(~2009-10-10)

#	Searches	Results
#1	MeSH descriptor Depression, this term only	3670
#2	MeSH descriptor Depressive Disorder explode all trees	5712
#3	depressi*:ab,ti	21296
#4	dysthym*:ab,ti	371
#5	(#1OR#2OR#3OR#4)	23265
#6	(genotype or gene or polymorphism or metabolism or cell* or "in vitro" or DNA or RNA or mouse or mice):ab,ti	54792
#7	singing:ab,ti	83
#8	sing:ab,ti	83
#9	song:ab,ti	26
#10	choir:ab,ti	11
#11	(#7 OR #8 OR #9 OR #10)	113
#12	(#11 AND #5)	4
#13	(#12 AND NOT #6)	4

검색 DB: PsycINFO 1967 to October Week 1 2009

#	Searches	Results
1	"Depression (Emotion)"/	20431
2	Sadness/	1039
3	dysthymic disorder/	1387
4	affective disorders/	9845
5	seasonal affective disorder/	854
6	postpartum depression/	2140
7	depressi*.tw.	151793
8	dysthym*.tw.	3037
9	6 or 3 or 7 or 2 or 8 or 1 or 4 or 5	160710
10	(genotype or gene or polymorphism or metabolism or cell* or "in vitro" or DNA or RNA or mouse or mice).mp. [mp=title, abstract, heading word, table of contents, key concepts]	101365
11	singing.mp. or Singing/	1846
12	sing.mp.	617
13	song.mp.	3609
14	choir.mp.	133
15	11 or 13 or 12 or 14	4991
16	9 and 15	88
17	limit 16 to human	74
18	17 not 10	68

중재법: TAICHI

검색 DB: Ovid MEDLINE(R) 1950 to September Week 1 2009

#	Searches	Results
1	Depression/	53795
2	exp Depressive Disorder/	62775
3	depressi*.tw.	176027
4	dysthym*.tw.	2125
5	4 or 1 or 3 or 2	211038
6	(genotype or gene or polymorphism or metabolism or cell* or "in vitro" or DNA or RNA or mouse or mice).mp. [mp=title, original title, abstract, name of substance word, subject heading word]	5187977
7	Tai Ji/	324
8	tai chi.mp. [mp=title, original title, abstract, name of substance word, subject heading word]	414
9	t'ai chi.mp. [mp=title, original title, abstract, name of substance word, subject heading word]	414
10	tai ji.mp. [mp=title, original title, abstract, name of substance word, subject heading word]	328
11	tai-ji.mp. [mp=title, original title, abstract, name of substance word, subject heading word]	328
12	8 or 11 or 7 or 10 or 9	453
13	12 and 5	18
14	limit 13 to humans	18
15	14 not 6	17

검색 DB: EMBASE (~2009.9.24)

#	Searches	Results
#1	depression'/de AND [embase]/lim	142213
#2	depressi*:ab,ti AND [embase]/lim	172223
#3	dysthym*:ab,ti AND [embase]/lim	2207
#4	#1 OR #2 OR #3	223452
#5	genotype:ab,ti OR gene:ab,ti OR polymorphism:ab,ti OR metabolism:ab,ti OR cell*:ab,ti OR 'in vitro':ab,ti OR dna:ab,ti OR rna:ab,ti OR mouse:ab,ti OR mice:ab,ti AND [embase]/lim	3676844
#6	'tai chi'/de AND [embase]/lim	434
#7	'tai chi':ab,ti AND [embase]/lim	323
#8	'tai ji':ab,ti AND [embase]/lim	6
#9	'tai-ji':ab,ti AND [embase]/lim	6
#10	'tai-chi':ab,ti AND [embase]/lim	323
#11	#6 OR #7 OR #8 OR #9 OR #10	526
#12	#4 AND #11	49

#13	#12 AND [humans]/lim AND [embase]/lim	49
#14	#13 NOT #5	49

검색 DB: COCHRANE(~2009-10-10)

#	Searches	Results
#1	MeSH descriptor Depression, this term only	3670
#2	MeSH descriptor Depressive Disorder explode all trees	5712
#3	depressi*:ab,ti	21296
#4	dysthym*:ab,ti	371
#5	(#10R#20R#30R#4)	23265
#6	(genotype or gene or polymorphism or metabolism or cell* or "in vitro" or DNA or RNA or mouse or mice):ab,ti	54792
#7	MeSH descriptor Tai Ji explode all trees	105
#8	"tai chi":ab,ti	149
#9	"t'ai chi":ab,ti	14
#10	"tai ji":ab,ti	2
#11	"tai-ji":ab,ti	2
#12	(#7 OR #8 OR #9 OR #10 OR #11)	106
#13	(#12 AND #5)	11
#14	(#13 AND NOT #6)	11

검색 DB: PsycINFO 1967 to October Week 1 2009

#	Searches	Results
1	"Depression (Emotion)"/	20431
2	Sadness/	1039
3	dysthymic disorder/	1387
4	affective disorders/	9845
5	seasonal affective disorder/	854
6	postpartum depression/	2140
7	depressi*.tw.	151793
8	dysthym*.tw.	3037
9	6 or 3 or 7 or 2 or 8 or 1 or 4 or 5	160710
10	(genotype or gene or polymorphism or metabolism or cell* or "in vitro" or DNA or RNA or mouse or mice).mp. [mp=title, abstract, heading word, table of contents, key concepts]	101365
11	(tai ji or t'ai ji or tai-ji or tai chi or t'ai chi or tai-chi).mp. [mp=title, abstract, heading word, table of contents, key concepts]	169
12	11 and 9	16
13	limit 12 to human	15
14	13 not 10	15

중재법: TAURINE

검색 DB: Ovid MEDLINE(R) 1950 to September Week 1 2009

#	Searches	Results
1	Depression/	53795
2	exp Depressive Disorder/	62775
3	depressi*.tw.	176027
4	dysthym*.tw.	2125
5	4 or 1 or 3 or 2	211038
6	(genotype or gene or polymorphism or metabolism or cell* or "in vitro" or DNA or RNA or mouse or mice).mp. [mp=title, original title, abstract, name of substance word, subject heading word]	5187977
7	Taurine/	7261
8	taurine.mp. [mp=title, original title, abstract, name of substance word, subject heading word]	10456
9	2-aminoethanesulfonic acid.mp.	125
10	8 or 7 or 9	10505
11	10 and 5	143
12	limit 11 to humans	45
13	12 not 6	31

검색 DB: EMBASE (~2009.9.24)

#	Searches	Results
#1	depression'/de AND [embase]/lim	142213
#2	depressi*:ab,ti AND [embase]/lim	172223
#3	dysthym*:ab,ti AND [embase]/lim	2207
#4	#1 OR #2 OR #3	223452
#5	genotype:ab,ti OR gene:ab,ti OR polymorphism:ab,ti OR metabolism:ab,ti OR cell*:ab,ti OR 'in vitro':ab,ti OR dna:ab,ti OR rna:ab,ti OR mouse:ab,ti OR mice:ab,ti AND [embase]/lim	3676844
#6	'taurine'/de AND [embase]/lim	7045
#7	taurine:ab,ti AND [embase]/lim	8003
#8	'2-aminoethanesulfonic acid':ab,ti AND [embase]/lim	101
#9	#6 OR #7 OR #8	9451
#10	#10 AND [humans]/lim AND [embase]/lim	35
#11	#11 NOT #5	27

검색 DB: COCHRANE(~2009-10-10)

#	Searches	Results
#1	MeSH descriptor Depression, this term only	3670
#2	MeSH descriptor Depressive Disorder explode all trees	5712
#3	depressi*:ab,ti	21296
#4	dysthym*:ab,ti	371
#5	(#1OR#2OR#3OR#4)	23265
#6	(genotype or gene or polymorphism or metabolism or cell* or "in vitro" or DNA or RNA or mouse or mice):ab,ti	54792

#7	MeSH descriptor Taurine explode all trees	221
#8	taurine:ab,ti	163
#9	"2-aminoethanesulfonic acid":ab,ti	1
#10	(#7 OR #8 OR #9)	306
#11	(#10 AND #5)	9
#12	(#11 AND NOT #6)	9

검색 DB: PsycINFO 1967 to October Week 1 2009

#	Searches	Results
1	"Depression (Emotion)"/	20431
2	Sadness/	1039
3	dysthymic disorder/	1387
4	affective disorders/	9845
5	seasonal affective disorder/	854
6	postpartum depression/	2140
7	depressi*.tw.	151793
8	dysthym*.tw.	3037
9	6 or 3 or 7 or 2 or 8 or 1 or 4 or 5	160710
10	(genotype or gene or polymorphism or metabolism or cell* or "in vitro" or DNA or RNA or mouse or mice).mp. [mp=title, abstract, heading word, table of contents, key concepts]	101365
11	taurine.mp. or Taurine/	238
12	2-aminoethanesulfonic acid.mp. [mp=title, abstract, heading word, table of contents, key concepts]	2
13	11 or 12	238
14	13 and 9	19
15	limit 14 to human	10
16	15 not 10	8

중재법: VITAMIN B6

검색 DB: Ovid MEDLINE(R) 1950 to September Week 1 2009

#	Searches	Results
1	Depression/	53795
2	exp Depressive Disorder/	62775
3	depressi*.tw.	176027
4	dysthym*.tw.	2125
5	4 or 1 or 3 or 2	211038
6	(genotype or gene or polymorphism or metabolism or cell* or "in vitro" or DNA or RNA or mouse or mice).mp. [mp=title, original title, abstract, name of substance word, subject heading word]	5187977
7	Vitamin B 6/	1369
8	vitamin B6.mp. [mp=title, original title, abstract, name of substance word, subject heading word]	3463

9	Pyridoxine/	6521
10	pyridoxine.mp. [mp=title, original title, abstract, name of substance word, subject heading word]	8188
11	Pyridoxamine/	463
12	pyridoxamine.mp. [mp=title, original title, abstract, name of substance word, subject heading word]	957
13	8 or 11 or 7 or 10 or 9 or 12	10959
14	13 and 5	192
15	limit 14 to humans	162
16	15 not 6	127

검색 DB: EMBASE (~2009.9.24)

#	Searches	Results
#1	depression'/de AND [embase]/lim	142213
#2	depressi*:ab,ti AND [embase]/lim	172223
#3	dysthym*:ab,ti AND [embase]/lim	2207
#4	#1 OR #2 OR #3	223452
#5	genotype:ab,ti OR gene:ab,ti OR polymorphism:ab,ti OR metabolism:ab,ti OR cell*:ab,ti OR 'in vitro':ab,ti OR dna:ab,ti OR rna:ab,ti OR mouse:ab,ti OR mice:ab,ti AND [embase]/lim	3676844
#6	'pyridoxine'/de AND [embase]/lim	13346
#7	'vitamin b6':ab,ti AND [embase]/lim	769
#8	pyridoxine:ab,ti AND [embase]/lim	3105
#9	'pyridoxamine'/de AND [embase]/lim	519
#10	pyridoxamine:ab,ti AND [embase]/lim	619
#11	#6 OR #7 OR #8 OR #9 OR #10	14661
#12	#4 AND #11	482
#13	#12 AND [humans]/lim AND [embase]/lim	352
#14	#13 NOT #5	306

검색 DB: COCHRANE(~2009-10-10)

#	Searches	Results
#1	MeSH descriptor Depression, this term only	3670
#2	MeSH descriptor Depressive Disorder explode all trees	5712
#3	depressi*:ab,ti	21296
#4	dysthym*:ab,ti	371
#5	(#1OR#2OR#3OR#4)	23265
#6	(genotype or gene or polymorphism or metabolism or cell* or "in vitro" or DNA or RNA or mouse or mice):ab,ti	54792
#7	MeSH descriptor Vitamin B 6 explode all trees	455
#8	"vitamin B6":ab,ti	248
#9	pyridoxine:ab,ti	267
#10	pyridoxamine:ab,ti	7
#11	(#7 OR #8 OR #9 OR #10)	674

#12	(#11 AND #5)	27
#13	(#12 AND NOT #6)	24

검색 DB: PsycINFO 1967 to October Week 1 2009		
#	Searches	Results
1	"Depression (Emotion)"/	20431
2	Sadness/	1039
3	dysthymic disorder/	1387
4	affective disorders/	9845
5	seasonal affective disorder/	854
6	postpartum depression/	2140
7	depressi*.tw.	151793
8	dysthym*.tw.	3037
9	6 or 3 or 7 or 2 or 8 or 1 or 4 or 5	160710
10	(genotype or gene or polymorphism or metabolism or cell* or "in vitro" or DNA or RNA or mouse or mice).mp. [mp=title, abstract, heading word, table of contents, key concepts]	101365
11	vitamin B6.mp. [mp=title, abstract, heading word, table of contents, key concepts]	154
12	pyridoxine.mp. [mp=title, abstract, heading word, table of contents, key concepts]	186
13	pyridoxamine.mp. [mp=title, abstract, heading word, table of contents, key concepts]	4
14	11 or 13 or 12	295
15	9 and 14	30
16	limit 15 to human	29
17	16 not 10	27

중재법: VITAMIN B12

검색 DB: Ovid MEDLINE(R) 1950 to September Week 1 2009		
#	Searches	Results
1	Depression/	53795
2	exp Depressive Disorder/	62775
3	depressi*.tw.	176027
4	dysthym*.tw.	2125
5	4 or 1 or 3 or 2	211038
6	(genotype or gene or polymorphism or metabolism or cell* or "in vitro" or DNA or RNA or mouse or mice).mp. [mp=title, original title, abstract, name of substance word, subject heading word]	5187977
7	Vitamin B 12/	15716
8	vitamin B12.mp. [mp=title, original title, abstract, name of substance word, subject heading word]	10115
9	cyanocobalamin.mp.	939

10	8 or 7 or 9	19277
11	10 and 5	252
12	limit 11 to humans	224
13	12 not 6	149

검색 DB: EMBASE (~2009.9.24)

#	Searches	Results
#1	depression'/de AND [embase]/lim	142213
#2	depressi*:ab,ti AND [embase]/lim	172223
#3	dysthym*:ab,ti AND [embase]/lim	2207
#4	#1 OR #2 OR #3	223452
#5	genotype:ab,ti OR gene:ab,ti OR polymorphism:ab,ti OR metabolism:ab,ti OR cell*:ab,ti OR 'in vitro':ab,ti OR dna:ab,ti OR rna:ab,ti OR mouse:ab,ti OR mice:ab,ti AND [embase]/lim	3676844
#6	'cyanocobalamin'/de AND [embase]/lim	15332
#7	'vitamin b12':ab,ti AND [embase]/lim	1998
#8	cyanocobalamin:ab,ti AND [embase]/lim	763
#9	#6 OR #7 OR #8	15990
#10	#4 AND #9	477
#11	#10 AND [humans]/lim AND [embase]/lim	412
#12	#11 NOT #5	332

검색 DB: COCHRANE(~2009-10-10)

#	Searches	Results
#1	MeSH descriptor Depression, this term only	3670
#2	MeSH descriptor Depressive Disorder explode all trees	5712
#3	depressi*:ab,ti	21296
#4	dysthym*:ab,ti	371
#5	(#1OR#2OR#3OR#4)	23265
#6	(genotype or gene or polymorphism or metabolism or cell* or "in vitro" or DNA or RNA or mouse or mice):ab,ti	54792
#7	MeSH descriptor Vitamin B 12 explode all trees	459
#8	"vitamin B12":ab,ti	411
#9	cyanocobalamin:ab,ti	65
#10	(#7 OR #8 OR #9)	708
#11	(#10 AND #5)	21
#12	(#11 AND NOT #6)	14

검색 DB: PsycINFO 1967 to October Week 1 2009

#	Searches	Results
1	"Depression (Emotion)"/	20431
2	Sadness/	1039
3	dysthymic disorder/	1387
4	affective disorders/	9845

5	seasonal affective disorder/	854
6	postpartum depression/	2140
7	depressi*.tw.	151793
8	dysthym*.tw.	3037
9	6 or 3 or 7 or 2 or 8 or 1 or 4 or 5	160710
10	(genotype or gene or polymorphism or metabolism or cell* or "in vitro" or DNA or RNA or mouse or mice).mp. [mp=title, abstract, heading word, table of contents, key concepts]	101365
11	vitamin B12.mp.	402
12	cyanocobalamin.mp.	27
13	11 or 12	415
14	13 and 9	103
15	limit 14 to human	102
16	15 not 10	76

중재법: VITAMIN B9 (FOLATE)

검색 DB: Ovid MEDLINE(R) 1950 to September Week 1 2009

#	Searches	Results
1	Depression/	53795
2	exp Depressive Disorder/	62775
3	depressi*.tw.	176027
4	dysthym*.tw.	2125
5	4 or 1 or 3 or 2	211038
6	(genotype or gene or polymorphism or metabolism or cell* or "in vitro" or DNA or RNA or mouse or mice).mp. [mp=title, original title, abstract, name of substance word, subject heading word]	5187977
7	Folic Acid/	16772
8	folic acid.mp. [mp=title, original title, abstract, name of substance word, subject heading word]	24813
9	folate.mp. [mp=title, original title, abstract, name of substance word, subject heading word]	14111
10	vitamin B9.mp. [mp=title, original title, abstract, name of substance word, subject heading word]	27
11	8 or 7 or 10 or 9	29538
12	11 and 5	412
13	limit 12 to humans	370
14	13 not 6	232

검색 DB: EMBASE (~2009.9.24)

#	Searches	Results
#1	depression'/de AND [embase]/lim	142213
#2	depressi*:ab,ti AND [embase]/lim	172223
#3	dysthym*:ab,ti AND [embase]/lim	2207

#4	#1 OR #2 OR #3	223452
#5	genotype:ab,ti OR gene:ab,ti OR polymorphism:ab,ti OR metabolism:ab,ti OR cell*:ab,ti OR 'in vitro':ab,ti OR dna:ab,ti OR rna:ab,ti OR mouse:ab,ti OR mice:ab,ti AND [embase]/lim	3676844
#6	'folic acid'/de AND [embase]/lim	23286
#7	'folic acid':ab,ti AND [embase]/lim	8474
#8	folate:ab,ti AND [embase]/lim	13064
#9	'vitamin b9':ab,ti AND [embase]/lim	18
#10	#6 OR #7 OR #8 OR #9	28965
#11	#4 AND #10	725
#12	#11 AND [humans]/lim AND [embase]/lim	621
#13	#12 NOT #5	476

검색 DB: COCHRANE(~2009-10-10)

#	Searches	Results
#1	MeSH descriptor Depression, this term only	3670
#2	MeSH descriptor Depressive Disorder explode all trees	5712
#3	depressi*:ab,ti	21296
#4	dysthym*:ab,ti	371
#5	(#10R#20R#30R#4)	23265
#6	(genotype or gene or polymorphism or metabolism or cell* or "in vitro" or DNA or RNA or mouse or mice):ab,ti	54792
#7	MeSH descriptor Folic Acid explode all trees	1706
#8	"folic acid":ab,ti	1042
#9	folate:ab,ti	852
#10	"vitamin B9":ab,ti	4
#11	(#7 OR #8 OR #9 OR #10)	2401
#12	(#11 AND #5)	36
#13	(#12 AND NOT #6)	25

검색 DB: PsycINFO 1967 to October Week 1 2009

#	Searches	Results
1	"Depression (Emotion)"/	20431
2	Sadness/	1039
3	dysthymic disorder/	1387
4	affective disorders/	9845
5	seasonal affective disorder/	854
6	postpartum depression/	2140
7	depressi*.tw.	151793
8	dysthym*.tw.	3037
9	6 or 3 or 7 or 2 or 8 or 1 or 4 or 5	160710
10	(genotype or gene or polymorphism or metabolism or cell* or "in vitro" or DNA or RNA or mouse or mice).mp. [mp=title, abstract, heading word, table of contents, key concepts]	101365

11	folic acid.mp. or Folic Acid/	450
12	folate.mp.	603
13	vitamin B9.mp.	5
14	11 or 13 or 12	815
15	9 and 14	194
16	limit 15 to human	183
17	16 not 10	116

중재법: VITAMIN C

검색 DB: Ovid MEDLINE(R) 1950 to September Week 1 2009

#	Searches	Results
1	Depression/	53795
2	exp Depressive Disorder/	62775
3	depressi*.tw.	176027
4	dysthym*.tw.	2125
5	4 or 1 or 3 or 2	211038
6	(genotype or gene or polymorphism or metabolism or cell* or "in vitro" or DNA or RNA or mouse or mice).mp. [mp=title, original title, abstract, name of substance word, subject heading word]	5187977
7	Ascorbic Acid/	30795
8	ascorbic acid.mp. [mp=title, original title, abstract, name of substance word, subject heading word]	36956
9	vitamin C.mp. [mp=title, original title, abstract, name of substance word, subject heading word]	11357
10	8 or 7 or 9	40303
11	10 and 5	205
12	limit 11 to humans	110
13	12 not 6	71

검색 DB: EMBASE (~2009.9.24)

#	Searches	Results
#1	depression'/de AND [embase]/lim	142213
#2	depressi*:ab,ti AND [embase]/lim	172223
#3	dysthym*:ab,ti AND [embase]/lim	2207
#4	#1 OR #2 OR #3	223452
#5	genotype:ab,ti OR gene:ab,ti OR polymorphism:ab,ti OR metabolism:ab,ti OR cell*:ab,ti OR 'in vitro':ab,ti OR dna:ab,ti OR rna:ab,ti OR mouse:ab,ti OR mice:ab,ti AND [embase]/lim	3676844
#6	'ascorbic acid'/de AND [embase]/lim	40188
#7	'ascorbic acid':ab,ti AND [embase]/lim	15051
#8	'vitamin c':ab,ti AND [embase]/lim	9617
#9	#6 OR #7 OR #8	44168

#10	#4 AND #9	530
#11	#10 AND [humans]/lim AND [embase]/lim	361
#12	#11 NOT #5	307

검색 DB: COCHRANE(~2009-10-10)

#	Searches	Results
#1	MeSH descriptor Depression, this term only	3670
#2	MeSH descriptor Depressive Disorder explode all trees	5712
#3	depressi*:ab,ti	21296
#4	dysthym*:ab,ti	371
#5	(#10R#20R#30R#4)	23265
#6	(genotype or gene or polymorphism or metabolism or cell* or "in vitro" or DNA or RNA or mouse or mice):ab,ti	54792
#7	MeSH descriptor Ascorbic Acid explode all trees	1240
#8	"ascorbic acid":ab,ti	746
#9	"vitamin C":ab,ti	1244
#10	(#7 OR #8 OR #9)	2043
#11	(#10 AND #5)	25
#12	(#11 AND NOT #6)	20

검색 DB: PsycINFO 1967 to October Week 1 2009

#	Searches	Results
1	"Depression (Emotion)"/	20431
2	Sadness/	1039
3	dysthymic disorder/	1387
4	affective disorders/	9845
5	seasonal affective disorder/	854
6	postpartum depression/	2140
7	depressi*.tw.	151793
8	dysthym*.tw.	3037
9	6 or 3 or 7 or 2 or 8 or 1 or 4 or 5	160710
10	(genotype or gene or polymorphism or metabolism or cell* or "in vitro" or DNA or RNA or mouse or mice).mp. [mp=title, abstract, heading word, table of contents, key concepts]	101365
11	ascorbic acid.mp. or Ascorbic Acid/	284
12	vitamin C.mp.	220
13	11 or 12	441
14	13 and 9	33
15	limit 14 to human	29
16	15 not 10	21

중재법: VITAMIN D

검색 DB: Ovid MEDLINE(R) 1950 to September Week 1 2009

#	Searches	Results
1	Depression/	53795

2	exp Depressive Disorder/	62775
3	depressi*.tw.	176027
4	dysthym*.tw.	2125
5	4 or 1 or 3 or 2	211038
6	(genotype or gene or polymorphism or metabolism or cell* or "in vitro" or DNA or RNA or mouse or mice).mp. [mp=title, original title, abstract, name of substance word, subject heading word]	5187977
7	exp Vitamin D/	33106
8	vitamin D.mp. [mp=title, original title, abstract, name of substance word, subject heading word]	34382
9	8 or 7	45586
10	9 and 5	211
11	limit 10 to humans	147
12	11 not 6	100

검색 DB: EMBASE (~2009.9.24)

#	Searches	Results
#1	depression'/de AND [embase]/lim	142213
#2	depressi*:ab,ti AND [embase]/lim	172223
#3	dysthym*:ab,ti AND [embase]/lim	2207
#4	#1 OR #2 OR #3	223452
#5	genotype:ab,ti OR gene:ab,ti OR polymorphism:ab,ti OR metabolism:ab,ti OR cell*:ab,ti OR 'in vitro':ab,ti OR dna:ab,ti OR rna:ab,ti OR mouse:ab,ti OR mice:ab,ti AND [embase]/lim	3676844
#6	'vitamin d'/exp AND [embase]/lim	48336
#7	'vitamin d':ab,ti AND [embase]/lim	25256
#8	#6 OR #7	53067
#9	#4 AND #8	661
#10	#9 AND [humans]/lim AND [embase]/lim	557
#11	#10 NOT #5	484

검색 DB: COCHRANE(~2009-10-10)

#	Searches	Results
#1	MeSH descriptor Depression, this term only	3670
#2	MeSH descriptor Depressive Disorder explode all trees	5712
#3	depressi*:ab,ti	21296
#4	dysthym*:ab,ti	371
#5	(#1OR#2OR#3OR#4)	23265
#6	(genotype or gene or polymorphism or metabolism or cell* or "in vitro" or DNA or RNA or mouse or mice):ab,ti	54792
#7	MeSH descriptor Vitamin D explode all trees	1484
#8	"vitamin D":ab,ti	1339
#9	(#7 OR #8)	2083

#10	(#9 AND #5)	19
#11	(#10 AND NOT #6)	14

검색 DB: PsycINFO 1967 to October Week 1 2009		
#	Searches	Results
1	"Depression (Emotion)"/	20431
2	Sadness/	1039
3	dysthymic disorder/	1387
4	affective disorders/	9845
5	seasonal affective disorder/	854
6	postpartum depression/	2140
7	depressi*.tw.	151793
8	dysthym*.tw.	3037
9	6 or 3 or 7 or 2 or 8 or 1 or 4 or 5	160710
10	(genotype or gene or polymorphism or metabolism or cell* or "in vitro" or DNA or RNA or mouse or mice).mp. [mp=title, abstract, heading word, table of contents, key concepts]	101365
11	vitamin D.mp.	284
12	11 and 9	29
13	limit 12 to human	26
14	13 not 10	18

중재법: VITAMINS (MULTI)

검색 DB: Ovid MEDLINE(R) 1950 to September Week 1 2009		
#	Searches	Results
1	Depression/	53795
2	exp Depressive Disorder/	62775
3	depressi*.tw.	176027
4	dysthym*.tw.	2125
5	4 or 1 or 3 or 2	211038
6	(genotype or gene or polymorphism or metabolism or cell* or "in vitro" or DNA or RNA or mouse or mice).mp. [mp=title, original title, abstract, name of substance word, subject heading word]	5187977
7	Vitamins/	14651
8	multivitamin.mp. [mp=title, original title, abstract, name of substance word, subject heading word]	1494
9	multi-vitamin.mp. [mp=title, original title, abstract, name of substance word, subject heading word]	81
10	multi vitamin.mp. [mp=title, original title, abstract, name of substance word, subject heading word]	81
11	8 or 7 or 10 or 9	15410
12	11 and 5	112
13	limit 12 to humans	91

14	13 not 6	72
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검색 DB: EMBASE (~2009.9.24)		
#	Searches	Results
#1	depression'/de AND [embase]/lim	142213
#2	depressi*:ab,ti AND [embase]/lim	172223
#3	dysthym*:ab,ti AND [embase]/lim	2207
#4	#1 OR #2 OR #3	223452
#5	genotype:ab,ti OR gene:ab,ti OR polymorphism:ab,ti OR metabolism:ab,ti OR cell*:ab,ti OR 'in vitro':ab,ti OR dna:ab,ti OR rna:ab,ti OR mouse:ab,ti OR mice:ab,ti AND [embase]/lim	3676844
#6	vitamin'/de AND [embase]/lim	12161
#7	'multivitamin'/de AND [embase]/lim	3275
#8	multivitamin:ab,ti AND [embase]/lim	1325
#9	multivitamins:ab,ti AND [embase]/lim	631
#10	'multi vitamin':ab,ti AND [embase]/lim	66
#11	multi vitamins':ab,ti AND [embase]/lim	20
#12	#6 OR #7 OR #8 OR #9 OR #10 OR #11	15863
#13	#4 AND #12	452
#14	#13 AND [humans]/lim AND [medline]/lim	217
#15	#14 NOT #5	192

검색 DB: COCHRANE(~2009-10-10)		
#	Searches	Results
#1	MeSH descriptor Depression, this term only	3670
#2	MeSH descriptor Depressive Disorder explode all trees	5712
#3	depressi*:ab,ti	21296
#4	dysthym*:ab,ti	371
#5	(#1OR#2OR#3OR#4)	23265
#6	(genotype or gene or polymorphism or metabolism or cell* or "in vitro" or DNA or RNA or mouse or mice):ab,ti	54792
#7	MeSH descriptor Vitamins, this term only	784
#8	multivitamin:ab,ti	396
#9	"multi-vitamin":ab,ti	21
#10	"multi vitamin":ab,ti	21
#11	(#7 OR #8 OR #9 OR #10)	1012
#12	(#11 AND #5)	15
#13	(#12 AND NOT #6)	13

검색 DB: PsycINFO 1967 to October Week 1 2009		
#	Searches	Results
1	"Depression (Emotion)"/	20431
2	Sadness/	1039
3	dysthymic disorder/	1387

4	affective disorders/	9845
5	seasonal affective disorder/	854
6	postpartum depression/	2140
7	depressi*.tw.	151793
8	dysthym*.tw.	3037
9	6 or 3 or 7 or 2 or 8 or 1 or 4 or 5	160710
10	(genotype or gene or polymorphism or metabolism or cell* or "in vitro" or DNA or RNA or mouse or mice).mp. [mp=title, abstract, heading word, table of contents, key concepts]	101365
11	Vitamins/	1069
12	multivitamin.mp.	72
13	multi-vitamin.mp.	7
14	multi vitamin.mp.	7
15	11 or 13 or 12 or 14	1124
16	9 and 15	151
17	limit 16 to human	140
18	17 not 10	112

중재법: YOGA

검색 DB: Ovid MEDLINE(R) 1950 to September Week 1 2009

#	Searches	Results
1	Depression/	53795
2	exp Depressive Disorder/	62775
3	depressi*.tw.	176027
4	dysthym*.tw.	2125
5	4 or 1 or 3 or 2	211038
6	(genotype or gene or polymorphism or metabolism or cell* or "in vitro" or DNA or RNA or mouse or mice).mp. [mp=title, original title, abstract, name of substance word, subject heading word]	5187977
7	Yoga/	945
8	yoga.mp. [mp=title, original title, abstract, name of substance word, subject heading word]	1175
9	8 or 7	1175
10	9 and 5	92
11	limit 10 to humans	91
12	11 not 6	86

검색 DB: EMBASE (~2009.9.24)

#	Searches	Results
#1	depression'/de AND [embase]/lim	141739
#2	depressi*:ab,ti AND [embase]/lim	171788
#3	dysthym*:ab,ti AND [embase]/lim	2205
#4	#1 OR #2 OR #3	222824

#5	genotype:ab,ti OR gene:ab,ti OR polymorphism:ab,ti OR metabolism:ab,ti OR cell*:ab,ti OR 'in vitro':ab,ti OR dna:ab,ti OR rna:ab,ti OR mouse:ab,ti OR mice:ab,ti AND [embase]/lim	3669696
#6	'yoga'/de AND [embase]/lim	1225
#7	yoga:ab,ti AND [embase]/lim	726
#8	#6 OR #7	1354
#9	#4 AND #8	163
#10	#9 AND [humans]/lim AND [embase]/lim	151
#11	#10 NOT #5	148

검색 DB: COCHRANE(~2009-10-10)		
#	Searches	Results
#1	MeSH descriptor Depression, this term only	3471
#2	MeSH descriptor Depressive Disorder explode all trees	5537
#3	depressi*:ab,ti	19996
#4	dysthym*:ab,ti	358
#5	(#10R#20R#30R#4)	21898
#6	(genotype or gene or polymorphism or metabolism or cell* or "in vitro" or DNA or RNA or mouse or mice):ab,ti	53764
#7	MeSH descriptor Yoga explode all trees	137
#8	yoga:ab,ti	199
#9	#7 OR #8	225
#10	#5 AND #9	38
#11	#10 NOT #6	37

검색 DB: PsycINFO 1967 to October Week 1 2009		
#	Searches	Results
1	"Depression (Emotion)"/	20431
2	Sadness/	1039
3	dysthymic disorder/	1387
4	affective disorders/	9845
5	seasonal affective disorder/	854
6	postpartum depression/	2140
7	depressi*.tw.	151793
8	dysthym*.tw.	3037
9	6 or 3 or 7 or 2 or 8 or 1 or 4 or 5	160710
10	(genotype or gene or polymorphism or metabolism or cell* or "in vitro" or DNA or RNA or mouse or mice).mp. [mp=title, abstract, heading word, table of contents, key concepts]	101365
11	yoga.mp. or Yoga/	1005
12	11 and 9	98
13	limit 12 to human	97
14	13 not 10	93

중재법: 가시오가피 (SIBERIAN GINSENG)		
검색 DB: Ovid MEDLINE(R) 1950 to September Week 1 2009		
#	Searches	Results
1	Depression/	53914
2	exp Depressive Disorder/	62892
3	depressi*.tw.	176407
4	dysthym*.tw.	2131
5	4 or 1 or 3 or 2	211455
6	(genotype or gene or polymorphism or metabolism or cell* or "in vitro" or DNA or RNA or mouse or mice).mp. [mp=title, original title, abstract, name of substance word, subject heading word]	5197620
7	Eleutherococcus/	103
8	siberian ginseng.mp. [mp=title, original title, abstract, name of substance word, subject heading word]	51
9	eleutherococcus senticosus.mp. [mp=title, original title, abstract, name of substance word, subject heading word]	74
10	eleutherococcus.mp. [mp=title, original title, abstract, name of substance word, subject heading word]	195
11	8 or 7 or 10 or 9	217
12	limit 11 to humans	107
13	12 not 6	80
검색 DB: EMBASE (~2009.9.24)		
#	Searches	Results
#1	depression'/de AND [embase]/lim	142213
#2	depressi*:ab,ti AND [embase]/lim	172223
#3	dysthym*:ab,ti AND [embase]/lim	2207
#4	#1 OR #2 OR #3	223452
#5	genotype:ab,ti OR gene:ab,ti OR polymorphism:ab,ti OR metabolism:ab,ti OR cell*:ab,ti OR 'in vitro':ab,ti OR dna:ab,ti OR rna:ab,ti OR mouse:ab,ti OR mice:ab,ti AND [embase]/lim	3676844
#6	'eleutherococcus senticosus'/de AND [embase]/lim	145
#7	'siberian ginseng':ab,ti AND [embase]/lim	55
#8	'eleutherococcus senticosus':ab,ti AND [embase]/lim	85
#9	#6 OR #7 OR #8	219
#10	#9 AND [humans]/lim AND [embase]/lim	95
#11	#10 NOT #5	70
검색 DB: COCHRANE(~2009-10-10)		
#	Searches	Results
#1	MeSH descriptor Depression, this term only	3670
#2	MeSH descriptor Depressive Disorder explode all trees	5712

#3	depressi*:ab,ti	21296
#4	dysthym*:ab,ti	371
#5	(#10R#20R#30R#4)	23265
#6	(genotype or gene or polymorphism or metabolism or cell* or "in vitro" or DNA or RNA or mouse or mice):ab,ti	54792
#7	MeSH descriptor Eleutherococcus, this term only	9
#8	"siberian ginseng":ab,ti	10
#9	"eleutherococcus senticosus":ab,ti	14
#10	eleutherococcus:ab,ti	20
#11	(#7 OR #8 OR #9 OR #10)	28
#12	(#11 AND NOT #6)	23

검색 DB: PsycINFO 1967 to October Week 1 2009

#	Searches	Results
1	"Depression (Emotion)"/	20431
2	Sadness/	1039
3	dysthymic disorder/	1387
4	affective disorders/	9845
5	seasonal affective disorder/	854
6	postpartum depression/	2140
7	depressi*.tw.	151793
8	dysthym*.tw.	3037
9	6 or 3 or 7 or 2 or 8 or 1 or 4 or 5	160710
10	(genotype or gene or polymorphism or metabolism or cell* or "in vitro" or DNA or RNA or mouse or mice).mp. [mp=title, abstract, heading word, table of contents, key concepts]	101365
11	eleutherococcus.mp.	8
12	siberian ginseng.mp.	3
13	eleutherococcus senticosus.mp.	7
14	11 or 13 or 12	11
15	limit 14 to human	10
16	15 not 10	8

중재법: 산림활동 (FORESTRY)

검색 DB: Ovid MEDLINE(R) 1950 to September Week 1 2009

#	Searches	Results
1	Depression/	53795
2	exp Depressive Disorder/	62775
3	depressi*.tw.	176027
4	dysthym*.tw.	2125
5	4 or 1 or 3 or 2	211038
6	(genotype or gene or polymorphism or metabolism or cell* or "in vitro" or DNA or RNA or mouse or mice).mp. [mp=title, original title, abstract, name of substance word, subject	5187977

	heading word]	
7	Forestry/	1396
8	forestry.mp. [mp=title, original title, abstract, name of substance word, subject heading word]	2273
9	forest.mp. [mp=title, original title, abstract, name of substance word, subject heading word]	14250
10	8 or 7 or 9	15631
11	10 and 5	80
12	limit 11 to humans	28
13	12 not 6	25

검색 DB: EMBASE (~2009.9.24)

#	Searches	Results
#1	depression'/de AND [embase]/lim	142213
#2	depressi*:ab,ti AND [embase]/lim	172223
#3	dysthym*:ab,ti AND [embase]/lim	2207
#4	#1 OR #2 OR #3	223452
#5	genotype:ab,ti OR gene:ab,ti OR polymorphism:ab,ti OR metabolism:ab,ti OR cell*:ab,ti OR 'in vitro':ab,ti OR dna:ab,ti OR rna:ab,ti OR mouse:ab,ti OR mice:ab,ti AND [embase]/lim	3676844
#6	'forestry'/de AND [embase]/lim	827
#7	forestry:ab,ti AND [embase]/lim	1263
#8	forest:ab,ti AND [embase]/lim	11627
#9	#6 OR #7 OR #8	12802
#10	#4 AND #9	64
#11	#10 AND [humans]/lim AND [embase]/lim	21
#12	#11 NOT #5	19

검색 DB: COCHRANE(~2009-10-10)

#	Searches	Results
#1	MeSH descriptor Depression, this term only	3670
#2	MeSH descriptor Depressive Disorder explode all trees	5712
#3	depressi*:ab,ti	21296
#4	dysthym*:ab,ti	371
#5	(#1OR#2OR#3OR#4)	23265
#6	(genotype or gene or polymorphism or metabolism or cell* or "in vitro" or DNA or RNA or mouse or mice):ab,ti	54792
#7	MeSH descriptor Forestry, this term only	10
#8	forestry:ab,ti	15
#9	forest:ab,ti	109
#10	(#7 OR #8 OR #9)	128
#11	(#10 AND NOT #6)	119

검색 DB: PsycINFO 1967 to October Week 1 2009

#	Searches	Results
1	"Depression (Emotion)"/	20431
2	Sadness/	1039
3	dysthymic disorder/	1387
4	affective disorders/	9845
5	seasonal affective disorder/	854
6	postpartum depression/	2140
7	depressi*.tw.	151793
8	dysthym*.tw.	3037
9	6 or 3 or 7 or 2 or 8 or 1 or 4 or 5	160710
10	(genotype or gene or polymorphism or metabolism or cell* or "in vitro" or DNA or RNA or mouse or mice).mp. [mp=title, abstract, heading word, table of contents, key concepts]	101365
11	forestry.mp.	150
12	forest.mp.	1734
13	11 or 12	1844
14	13 and 9	21
15	limit 14 to human	20

중재법: 석류 (POMEGRANATE)

검색 DB: Ovid MEDLINE(R) 1950 to September Week 1 2009

#	Searches	Results
1	Depression/	53914
2	exp Depressive Disorder/	62892
3	depressi*.tw.	176407
4	dysthym*.tw.	2131
5	4 or 1 or 3 or 2	211455
6	(genotype or gene or polymorphism or metabolism or cell* or "in vitro" or DNA or RNA or mouse or mice).mp. [mp=title, original title, abstract, name of substance word, subject heading word]	5197620
7	Punicaceae/	252
8	punicaceae.mp. [mp=title, original title, abstract, name of substance word, subject heading word]	261
9	pomegranate.mp. [mp=title, original title, abstract, name of substance word, subject heading word]	291
10	punica granatum.mp. [mp=title, original title, abstract, name of substance word, subject heading word]	163
11	7 or 8 or 9 or 10	394
12	limit 11 to humans	196
13	12 not 6	85

검색 DB: EMBASE (~2009.9.24)

#	Searches	Results
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#1	depression'/de AND [embase]/lim	142213
#2	depressi*:ab,ti AND [embase]/lim	172223
#3	dysthym*:ab,ti AND [embase]/lim	2207
#4	#1 OR #2 OR #3	223452
#5	genotype:ab,ti OR gene:ab,ti OR polymorphism:ab,ti OR metabolism:ab,ti OR cell*:ab,ti OR 'in vitro':ab,ti OR dna:ab,ti OR rna:ab,ti OR mouse:ab,ti OR mice:ab,ti AND [embase]/lim	3676844
#6	'pomegranate'/de AND [embase]/lim	325
#7	'pomegranate extract'/de AND [embase]/lim	77
#8	'pomegranate juice'/de AND [embase]/lim	32
#9	'punica granatum extract'/de AND [embase]/lim	167
#10	pomegranate:ab,ti AND [embase]/lim	271
#11	'pomegranate extract':ab,ti AND [embase]/lim	17
#12	'pomegranate juice':ab,ti AND [embase]/lim	80
#13	'punica granatum extract':ab,ti OR 'punica granatum':ab,ti AND [embase]/lim	192
#14	#6 OR #7 OR #8 OR #9 OR #10 OR #11 OR #12 OR #13	524

검색 DB: COCHRANE(~2009-10-10)

#	Searches	Results
#1	MeSH descriptor Depression, this term only	3670
#2	MeSH descriptor Depressive Disorder explode all trees	5712
#3	depressi*:ab,ti	21296
#4	dysthym*:ab,ti	371
#5	(#1OR#2OR#3OR#4)	23265
#6	(genotype or gene or polymorphism or metabolism or cell* or "in vitro" or DNA or RNA or mouse or mice):ab,ti	54792
#7	MeSH descriptor Punicaceae, this term only	14
#8	punicaceae:ab,ti	0
#9	pomegranate:ab,ti	16
#10	"punica granatum":ab,ti	5
#11	(#7 OR #8 OR #9 OR #10)	19
#12	(#11 AND NOT #6)	15

검색 DB: PsycINFO 1967 to October Week 1 2009

#	Searches	Results
1	"Depression (Emotion)"/	20431
2	Sadness/	1039
3	dysthymic disorder/	1387
4	affective disorders/	9845
5	seasonal affective disorder/	854
6	postpartum depression/	2140
7	depressi*.tw.	151793
8	dysthym*.tw.	3037

9	6 or 3 or 7 or 2 or 8 or 1 or 4 or 5	160710
10	(genotype or gene or polymorphism or metabolism or cell* or "in vitro" or DNA or RNA or mouse or mice).mp. [mp=title, abstract, heading word, table of contents, key concepts]	101365
11	pomegranate.mp.	4
12	punica granatum.mp. [mp=title, abstract, heading word, table of contents, key concepts]	0
13	punicaceae.mp. [mp=title, abstract, heading word, table of contents, key concepts]	0
14	limit 13 to human	0

중재법: 원예치료 (GARDENING)

검색 DB: Ovid MEDLINE(R) 1950 to September Week 1 2009

#	Searches	Results
1	Depression/	53914
2	exp Depressive Disorder/	62892
3	depressi*.tw.	176407
4	dysthym*.tw.	2131
5	4 or 1 or 3 or 2	211455
6	(genotype or gene or polymorphism or metabolism or cell* or "in vitro" or DNA or RNA or mouse or mice).mp. [mp=title, original title, abstract, name of substance word, subject heading word]	5197620
7	Gardening/	185
8	horticultural therapy.mp. [mp=title, original title, abstract, name of substance word, subject heading word]	14
9	8 or 7	196
10	limit 7 to humans	111
11	10 not 6	111

검색 DB: EMBASE (~2009.9.24)

#	Searches	Results
#1	depression'/de AND [embase]/lim	142213
#2	depressi*:ab,ti AND [embase]/lim	172223
#3	dysthym*:ab,ti AND [embase]/lim	2207
#4	#1 OR #2 OR #3	223452
#5	genotype:ab,ti OR gene:ab,ti OR polymorphism:ab,ti OR metabolism:ab,ti OR cell*:ab,ti OR 'in vitro':ab,ti OR dna:ab,ti OR rna:ab,ti OR mouse:ab,ti OR mice:ab,ti AND [embase]/lim	3676844
#6	'gardening'/de AND [embase]/lim	105
#7	'horticultural therapy':ab,ti AND [embase]/lim	10
#8	#6 OR #7	113
#9	#8 AND [embase]/lim	113

#10	#9 NOT #5	111
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검색 DB: COCHRANE(~2009-10-10)

#	Searches	Results
#1	MeSH descriptor Depression, this term only	3670
#2	MeSH descriptor Depressive Disorder explode all trees	5712
#3	depressi*:ab,ti	21296
#4	dysthym*:ab,ti	371
#5	(#10R#20R#30R#4)	23265
#6	(genotype or gene or polymorphism or metabolism or cell* or "in vitro" or DNA or RNA or mouse or mice):ab,ti	54792
#7	MeSH descriptor Gardening explode all trees	2
#8	"horticultural therapy":ab,ti	2
#9	(#7 OR #8)	4
#10	(#9 AND NOT #6)	4

검색 DB: PsycINFO 1967 to October Week 1 2009

#	Searches	Results
1	"Depression (Emotion)"/	20431
2	Sadness/	1039
3	dysthymic disorder/	1387
4	affective disorders/	9845
5	seasonal affective disorder/	854
6	postpartum depression/	2140
7	depressi*.tw.	151793
8	dysthym*.tw.	3037
9	6 or 3 or 7 or 2 or 8 or 1 or 4 or 5	160710
10	(genotype or gene or polymorphism or metabolism or cell* or "in vitro" or DNA or RNA or mouse or mice).mp. [mp=title, abstract, heading word, table of contents, key concepts]	101365
11	gardening.mp.	195
12	horticultural therapy.mp.	55
13	11 or 12	236
14	limit 13 to human	225
15	14 not 10	225

8.2 문헌 근거 요약표

표 8-1. Alcohol 중재법 근거표

연구	연구 디자인	환자군	치료군	비교군	추적기간	성과변수	효과	비고
Pihl 1980	RCT	male students	alcohol consumption	placebo	20분	Multiple Affect Adjective Check List	STF	

Pihl R0, Segal Z, Yankofsky L. The effect of alcohol and placebo on affective reactions of social drinkers to a procedure designed to induce depressive affect anxiety and hostility. Journal of clinical psychology [serial on the Internet]. 1980; (1)

표 8-2. Aromatherapy 중재법 근거표

연구	연구 디자인	환자군	치료군	비교군	추적기간	성과변수	효과	비고
Akhondzadeh 2007	RCT	mild to moderate depression	Crocus sativus 15mg 2회/일 (n=20)	fluoxetine 10mg 2회/일 (n=20)	8주	HAM-D	NS	두 군간의 효과가 유의하게 비슷
Akhondzadeh 2004	RCT	mild to moderate depression	Saffron 30mg/일 (n=15)	imipramine 100mg/일 (n=15)	6주	HAM-D	NS	두 군간의 효과가 유의하게 비슷
Akhondzadeh 2003	RCT	mild to moderate depression	라벤더 (n=15)	imipramine 100mg/일 (n=15)	4주	HAM-D	STF	
Imura 2006	non-RCT	healthy postpartum mothers	aromatherapy massage (n=16)	standard postpartum care (n=20)	마사지 30분 후	POMS	STF	
Lee 2006	non-RCT	여대생 중 불면증수와 수면에 대한 자기만족도 점수가 일정 점수 이하인 자	1주: 대조처치(물) 2주: 60% 라벤더 향요법 3주: washout 4주: 100% 라벤더 향요법(n=42)		4주	CES-D	STF	단일군 반복측정설 계

Akhondzadeh A. Comparison of petal of Crocus sativus L. and fluoxetine in the treatment of depressed outpatients: A pilot double-blind randomized trial. Prog Neuropsychopharmacol Biol Psychiatry. 2007;31(2):439-42.

Akhondzadeh S. Comparison of Crocus sativus L. and imipramine in the treatment of mild to moderate depression: A pilot double-blind randomized trial

- [ISRCTN45683816]. BMC Complement Altern Med. 2004;4:12.
- Akhondzadeh S, Kashani L, Fotouhi A, Jarvandi S, Mobaseri M, Moin M, et al. Comparison of Lavandula angustifolia Mill. tincture and imipramine in the treatment of mild to moderate depression: A double-blind, randomized trial. *Progress in Neuro-Psychopharmacology and Biological Psychiatry*. 2003;27(1):123-7.
- Imura M. The Psychological Effects of Aromatherapy-Massage in Healthy Postpartum Mothers. *Journal of Midwifery & Women's Health*. 2006;51(2):e21-e7.
- Lee IS, Lee GJ, Lee I-S, Lee G-J. [Effects of lavender aromatherapy on insomnia and depression in women college students]. *Daehan Ganho Haghoeji*. [English Abstract]. 2006 Feb;36(1):136-43.
- STF = Significantly treatment favorable; NS = Not significant

표 8-3. Bibliotherapy 중재법 근거표

연구	연구 디자인	환자군	치료군	비교군	추적기간	성과변수	효과	비고
Billich 2008	RCT	mild to moderate depression	behavioral bibliotherapy self-help (n=44)	wait list (n=40)	1개월	BDI	STF	
Bowman 1995	non-RCT	mild to moderate depression (n=32)	cognitive bibliotherapy	wait list control	1개월	BDI, HAM-D	STF	
Fletcher 2005	RCT	mild to moderate anxiety and/or depression	non-guided self help manual (n=15)	wait list control (n=15)	12주	HAM-D	NST	intent-to-treat analysis
Floyd 2004	non-RCT	mild to moderate depression	cognitive bibliotherapy (n=16)	wait list control (n=14)	1개월	HAM-D, GDS	STF	
Floyd 2006	non-RCT	mild to moderate depression (n=23)	cognitive bibliotherapy	cognitive psychotherapy	2년	HAM-D, GDS	NS	
Jamison 1995	non-RCT	mild to moderate depression	cognitive bibliotherapy (n=40)	wait list control (n=40)	1개월	BDI, HAM-D	STF	
Mead 2005	RCT	moderate to	guided self	wait list	3개월	BDI, HAM-D	NST	intent-to-

		severe depression	help (n=57) cognitive bibliotherapy (n=22), behavioral bibliotherapy (n=23)	control (n=57) wait list control (n=22)				treat analysis
Scogin 1989	non-RCT	mild to moderate depression			1개월	HAM-D, GDS	STF	
Smith 1997	RCT	mild to moderate depression (n=50)	cognitive bibliotherapy	delayed cognitive bibliotherapy	3년	BDI, HAM-D	STF	two groups combined, pre-post analysis
Stice 2007	RCT	adolescents aged 15-22 with mild to moderate depression	cognitive-behavioral depression prevention program (CBT (n=50), bibliotherapy (n=28))	waiting list control (n=67)	6개월	BDI	STF	
Stice 2008	RCT	high school students with mild to moderate depression	CBT (n=89), bibliotherapy (n=80)	control (n=84)	6개월	BDI	STF	

- Billich LL, Deane FP, Phipps AB, Barisic M, Gould G. Effectiveness of bibliotherapy self-help for depression with varying levels of telephone helpline support. *Clinical Psychology and Psychotherapy*. 2008;15(2):61-74.
- Bowman D, Scogin F, Lyrene B. The efficacy of self-examination therapy and cognitive bibliotherapy in the treatment of mild to moderate depression. *Psychotherapy Research* [serial on the Internet]. 1995; (2): Available from: <http://www.mrw.interscience.wiley.com/cochrane/clcentral/articles/203/CN-00596203/frame.html>.
- Fletcher J, Lovell K, Bower P, Campbell M, Dickens C. Process and outcome of a non-guided self-help manual for anxiety and depression in primary care: A pilot study. *Behavioural and Cognitive Psychotherapy*. 2005;33(3):319-31.
- Floyd M, Scogin F, McKendree-Smith NL, Floyd DL, Rokke PD. Cognitive therapy for depression: A comparison of individual psychotherapy and bibliotherapy for depressed older adults. *Behavior Modification*. 2004;28(2):297-318.
- Floyd M, Rohen N, Shackelford JA, Hubbard KL, Parnell MB, Scogin F, et al. Two-year follow-up of bibliotherapy and individual cognitive therapy for depressed older adults. *Behavior modification* [serial on the Internet]. 2006; (3): Available from: <http://www.mrw.interscience.wiley.com/cochrane/clcentral/articles/812/CN-00563812/frame.html>.
- Jamison C, Scogin F. The outcome of cognitive bibliotherapy with depressed adults. *Journal of Consulting & Clinical Psychology*. [Clinical Trial Randomized Controlled Trial]. 1995 Aug;63(4):644-50.
- Mead N, MacDonald W, Bower P, Lovell K, Richards D, Roberts C, et al. The clinical effectiveness of guided self-help versus waiting-list control in the management of anxiety and depression: A randomized controlled trial. *Psychological Medicine*. 2005;35(11):1633-43.
- Scogin F, Jamison C, Gochneaur K. Comparative efficacy of cognitive and behavioral bibliotherapy for mildly and moderately depressed older adults. *Journal of Consulting & Clinical Psychology*. [Clinical Trial Comparative Study Randomized Controlled Trial Research Support, Non-U.S. Gov't]. 1989 Jun;57(3):403-7.
- Smith NM, Floyd MR, Scogin F, Jamison CS. Three-year follow-up of bibliotherapy for depression. *Journal of Consulting & Clinical Psychology*. [Clinical Trial]. 1997 Apr;65(2):324-7.
- Stice E, Burton E, Bearman SK, Rohde P. Randomized trial of a brief depression prevention program: an elusive search for a psychosocial placebo control condition. *Behaviour research and therapy* [serial on the Internet]. 2007; (5): Available from: <http://www.mrw.interscience.wiley.com/cochrane/clcentral/articles/484/CN-00617484/frame.html>.
- Stice E, Rohde P, Seeley JR, Gau JM. Brief Cognitive-Behavioral Depression Prevention Program for High-Risk Adolescents Outperforms Two Alternative Interventions: A Randomized Efficacy Trial. *Journal of Consulting and Clinical Psychology*. 2008;76(4):595-606.
- STF = Significantly treatment favorable; NS = Not significant

표 8-4. Caffeine 중재법 근거표

연구	연구 디자인	환자군	치료군	비교군	추적 기간	성과변수	효과	비고
Leibenluft 1993	non-RCT	normal volunteer (n=26), subjects with psychiatric diagnosis (major depression (n=35), seasonal affective disorder (n=117), alcohol dependence without depression (n=16), primary depression with alcohol dependence (n=24))	Caffeine use in psychiatric diagnosis group	Caffeine use in normal volunteer group		self-reported used of caffeine	significantly higher caffeine usage in subjects with diagnosis group vs normal volunteer group	association rather than causality
Veleber 1984	non-RCT	volunteers	caffeine 150mg (n=52), 300mg (n=63)	no caffeine (n=42)	1시간	multiple affect adjective checklist	dose level was a significant predictor of depression score	

Leibenluft E, Fiero PL, Bartko JJ, Moul DE, Rosenthal NE. Depressive symptoms and the self-reported use of alcohol, caffeine, and carbohydrates in normal volunteers and four groups of psychiatric outpatients. *American Journal of Psychiatry*. 1993 Feb;150(2):294-301.

Veleber DM, Timpler DI. Effects of caffeine on anxiety and depression. *Journal of Abnormal Psychology*. 1984 Feb;93(1):120-2.

표 8-5. Carbohydrate-rich protein-poor diet 중재법 근거표

연구	연구 디자인	환자군	치료군	비교군	추적기간	성과변수	효과	비고
Cline 2000	RCT	military personnel with desert training	carbohydrate beverage (8% maltodextrin) (n=32)	placebo beverage (n=31)	11일	POMS	NS	
Halyburton 2007	RCT	overweight or obese subjects	고탄수화물+저지방 (n=45)	저탄수화물+고지방 (n=48)	8주	BDI, POMS	NS	
Keith 1991	non-RCT	highly trained female cyclists (n=7)	고탄수화물, 중탄수화물	저탄수화물	1주	POMS	STF	7명 모두 무작위순으로 3가지 식이요법을 각각 1주씩 실천함
Prusaczyk 1992	non-RCT	건강한 성인 남성 (n=14)	고탄수화물, 저탄수화물	정상 탄수화물	3일	POMS	NS	glycogen depletion protocol 수행 후에 식이요법
Weidner 1992	non-RCT	community dwelling families	고탄수화물+저지방 (n=165)	전형적인 미국식 식이 (n=140)	5년	Hopkins Symptom Checklist	STF	cohort study

Cline AD, Tharion WJ, Tulley RT, Hotson N, Lieberman HR. Influence of a carbohydrate drink on nutritional status, body composition and mood during desert training. *Aviation Space and Environmental Medicine*. 2000;71(1):37-44.
Halyburton AK, Brinkworth GD, Wilson CJ, Noakes M, Buckley JD, Keogh JB, et al. Low- and high-carbohydrate weight-loss diets have similar effects on mood but not cognitive performance. *American Journal of Clinical Nutrition*. 2007;86(3):580-7.

Keith RE, O'Keefe KA, Blessing DL, Wilson G. Alterations in dietary carbohydrate, protein, and fat intake and mood state in trained female cyclists. *Medicine & Science in Sports & Exercise*. 1991 Feb;23(2):212-6.

Prusaczyk WK, Dishman RK, Cureton KJ. No effects of glycogen depleting exercise and altered diet composition on mood states. *Medicine & Science in Sports & Exercise*. 1992 Jun;24(6):708-13.

Weidner G, Connor SL, Hollis JF, Connor WE. Improvements in hostility and depression in relation to dietary change and cholesterol lowering. *The Family Heart Study. Annals of Internal Medicine*. [Research Support, U.S. Gov't, P.H.S.]. 1992 Nov 15;117(10):820-3.

STF = Significantly treatment favorable; NS = Not significant

표 8-6. Computerized Interventions 중재법 근거표

연구	연구 디자인	환자군	치료군	비교군	추적기간	성과변수	효과	비고
Clarke 2005	RCT	depressed adults & age/gender matched nondepressed adults	ODIN program with postcard reminders (n=75) ODI program with telephone reminders (n=80)	no-access control (n=100)	16wks	CES-D SF-12 Healthcare Utilizations	STF	different reminder group간 차이는 없음
Clarke 2002	RCT	depressed adults & age/gender matched nondepressed adults	experimental web site (n=144)	no-access control (n=155)	32wks	CES-D Healthcare Utilizations	NS	post-hoc 분석을 통해 modest effect
Grime 2004	RCT	10 or more cumulative days stress-related absenteeism in the last 6 month	Beating the Blues+conventional care (n=24)	Conventional Care (n=24)	6months	HADS depression Score	NS	단기(1개월)에는 STF
Mackinnon 2008	RCT	Elevated depression scores from	CBT internet intervention (MoodGYM)	Depression information website(Blue	12months	CES-D	STF	information homepage도 control에

		community	(n=182)	Pages) (n=165) Control (n=178)			비해 STF
Spek 2008	RCT	Subthreshold depression (EDS score > 12 and no DSM-IV depression Dx)	Internet (n=102)	Group CBT (n=99) Waiting List (n=100)	12months	BDI WHO CIDI	Internet과 Group CBT는 NS

Clarke. Overcoming Depression on the Internet (ODIN) (2): A Randomized Trial of a Self-Help Depression Skills Program With Reminders. J Med Internet Res. 2005;7(2):e16.

Clarke. Overcoming Depression on the Internet (ODIN): A Randomized Controlled Trial of an Internet Depression Skills Intervention Program. J Med Internet Res. 2002;4(3):e14.

Grime PR. Computerized cognitive behavioural therapy at work: A randomized controlled trial in employees with recent stress-related absenteeism. Occupational Medicine. 2004;54(5):353-9.

Mackinnon A, Griffiths KM, Christensen H. Comparative randomised trial of online cognitive-behavioural therapy and an information website for depression: 12-Month outcomes. British Journal of Psychiatry. 2008;192(2):130-4.

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표 8-7. Dance 중재법 근거표

연구	연구 디자인	환자군	치료군	비교군	추적기간	성과변수	효과	비고
Brooks 1989	non-RCT	hospitalized psychiatric patients and nonhospitalized subjects	dance movement therapy (n=20)	control (n=20)	1시간	Multiple Affect Adjective Check List	STF	
Haboush 2006	RCT	older subjects with mild to moderate depression	ballroom dance	waiting list control	8주	HAM-D, GDS	NS	
Jeon 2005	RCT	우울증 없는 여성노인	건강운동체조 (중강도의 한국춤) (n=140)	control (n=140)	1주	GDS	STF	비동등성 대조군 전후 실험설계
Jeong 2005	RCT	adolescents with mild depression	dance movement therapy (n=20)	control (n=20)	12주	Symptom Checklist-90-R revision	STF	

Brooks D, Stark A. The effect of dance/movement therapy on affect: A pilot study. American Journal of Dance Therapy. 1989 Fall-Win;11(2):101-12.

Haboush A, Floyd M, Caron J, LaSota M, Alvarez K. Ballroom dance lessons for geriatric depression: An exploratory study. Arts in Psychotherapy. 2006;33(2):89-97.

Jeon MY, Bark ES, Lee EG, Im JS, Jeong BS, Choe ES. [The effects of a Korean traditional dance movement program in elderly women]. Taehan Kanho Hakhoe chi [serial on the Internet]. 2005; (7): Available from:

<http://www.mrw.interscience.wiley.com/cochrane/ci/central/articles/971/CN-00552971/frame.html>.

Jeong YJ, Hong SC, Lee MS, Park MC, Kim YK, Suh CM. Dance movement therapy improves emotional responses and modulates neurohormones in adolescents with mild depression. The International journal of neuroscience [serial on the Internet]. 2005; (12): Available from:

<http://www.mrw.interscience.wiley.com/cochrane/ci/central/articles/971/CN-00552971/frame.html>.

STF = Significantly treatment favorable; NS = Not significant

표 8-8. Exercise 중재법 근거표

연구	연구 디자인	환자군	치료군	비교군	추적기간	성과변수	효과	비고
Ahmadi 2002	RCT	여성 운동선수 자원자 (mild to severe depression)	1. body-building 1개월 course (n=60) 2. body-building 2개월 (n=100)	1. 치료군의 before 2. control (n=100)	1. 1개월 2. 2개월	BDI	STF	1. 전후 비교
Ander sen 1999	RCT	Obese women	aerobic exercise (n=20)	moderate lifestyle activity(n=20)	68주	BDI	STF	
Armstrong 2004	RCT	산후우울증 (n=9)	exercise(pram walking) (n=9)	social support (n=10)	12주	EPDS	STF	
Babyak 2000	RCT	MDD adults	Exercise(n=25)	Medication(n=29) Combination(n=29)	10개월	HRSD	NS in 4month STF in 10month0	
Bartholomew 2005	RCT	MDD adults	aerobic exercise (n=20)	quite rest (n=20)	1시간	POMS	STF	
Bennett 1982	non-RCT	Older Adults with depression	Exercise(n=10)	Control(n=9)	8주	Zung SDS	STF	
Blumenthal 1991	RCT	61세 이상 건강한 노인 (n=34)	1. aerobic exercise (n=33) 2. Yoga (n=34)	waiting list (n=34)	4개월	CEES-D	1. STF in men 2. NS	

Author	RCT	Olds with MDD	Exercise training	Medication	16주	HAM-D BDI	NS
Blumenthal 1999	RCT	Olds with MDD	Exercise training(n=53)	Medication(n=48)	16주	HAM-D BDI	NS
Blumenthal 2007	RCT	major depression Adult	home-based exercise (n=53) Supervised exercises (n=51)	Combined antidepressant (sertraline, 50-200mg daily) (n=49) placebo pill(n=49)	4개월	HAM-D	NS
Brenes 2007	RCT	minor depression 가진 65세 이상 노인	운동 (n=14)	usual care (n=12)	16주	HAM-D	STF (p=0.09) pilot clinical trial
Brown 1995	RCT	건강하고 규칙적으로 운동하지 않는 성인	mindful exercise-a Tai Chi type program (n=18)	control (n=31)	16주	POMS	STF
Chin A Paw 2004	RCT	Olds living in long term care facilities	resistance training (n=57) functional training (n=60) combined training (n=56)	control(n=51)	6개월	GDS	NS
Chu 2009	RCT	1주일에 세 번 이하로 운동하는 여성 (mild to moderate)	고강도 aerobic training (n=18)	stretching control (n=18)	10주	BDI-II	STF

Ciechanowski 2004	RCT	depression) Olds with minor depression or dysthymia	PEARLIS program(exercise포 함됨) (n=72)	Usual care (n=66)	12개월	HSCL-20 scores	STF	
Cramer 1991	RCT	mildly obese women	Exercise(n=18)	Non exercise(n=17)	15주	POMS	NS	
Daley 2008	RCT	산후 우울증 가진 여성	운동 (n=20)	usual care (n=18)	12주	EPDS	NS	pilot clinical trial
DiLorenzo 1999	RCT	Healthy adults	Exercise(n=82)	Controls(n=29)	12개월	BDI POMS	STF	
Dunn 2005	RCT	mild to moderate depression 가진 성인	고강도(17.5kcal/kg/ week) aerobic exercise (n=18)	3일/주 flexibility exercise (n=13)	12주	HAM-D	STF	
Emery 1990	RCT	Older adults	Exercise(n=14)	Control(n=24)	12주	CES	STF	
Gitlin 1992	RCT	Healthy elderly	bicycle exercise(2hr/wks)	control group(met once a week)	4개월	CESD	NS	

				(n=127)	(n=127)					
Greist 1979	RCT	Depressed Adults		running treatment(n=10)	time-limited psychotherapy(n=6) time-unlimited psychotherapy(n=12)	12개월	SCL-90	NS		
Heh 2008	non-RCT	신후우울증		exercise support (n=40)	standard care (n=40)	5개월	EPDS	STF		
Khatr i, 2001	RCT	depressed adults 주2번 이상 운동하지 않는 50-65세 성인 (normal to mild depression)		aerobic exercise (n=42)	anti-depressant medication(n=42)	4개월	HAM-D BDI	NS		
King 1993	RCT			exercise (n=225)	control (n=75)	12개월	BDI	NS		
King 1989	RCT	규칙적으로 운동하지 않는 중년 건강한 성인		home-based aerobic exercise training program (n=60)	control (n=60)	6개월	14-item rating scale	NS		
Krogh 2009	RCT	mild to moderate depression 가진 성인		1. aerobic training 주2회 4개월 (n=55) 2. strength training 주2회 4개월 (n=55)	relaxation training 주2회 4개월 (n=55)	4개월, 12개월	HAM-D	NS	DEMO trial	
Krogh 2007	RCT	-		-	-	-	-	-	-	design

										paper for DEMO trial
Legrand 2007	RCT	mild to moderate depression 가진 성인	고빈도(주 3-5회) aerobic exercise (n=8)	저빈도 exercise (주로 stretching) (n=7)	8주	BDI	STF			pilot study
Leppamaki 2002-JAD	RCT	건강한 성인 with normal to mild depression	exercise in bright light in winter (n=80)	실내 exercise in winter (n=80)	8주	HAM-D	STF			
Leppamaki 2002	RCT	mild to moderate depression 가진 성인	주2회 실내 exercise (n=40)	주2회 stretching/relaxation (n=42)	8주	HAM-D	STF (p=0.02)			
MacMahon 1988	non-RCT	감옥에 수감된 청소년 (normal to severe depression)	aerobic exercise (n=32)	limited exertion (n=37)	3개월	BDI	STF			
Mather 2002	RCT	53세 이상의 affective disorder를 항우울제 복용 성인	exercise class+항우울제 복용 (n=43)	health education talk+항우울제 복용 (n=43)	10주	HAM-D	STF (p=0.05)			

McCann 1984	RCT	여대생 with at least mild depression	aerobic exercise (n=16)	1. relaxation exercise (n=15) 2. placebo (n=16)	10주	BDI	STF	
McMurdo 1992	RCT	60-81세 노인	exercise (n=44)	health education (n=43)	32주	GDS	NS	양군 모두 전후비교 시에는 우울증상 호전
McNeill 1991	RCT	moderately depressed elderly	walking (n=10)	waiting list control (n=10)	4주	BDI	STF	
Moses 1989	non-RCT	Sedentary adult volunteer	High exercise(n=18) Moderate exercise(n=19)	Attention Placebo(n=18) waiting list(n=20)	3개월	POMS	STF	only in moderate group
Motl 2005	RCT	Older adults with depressed symptoms over 5yrs	walking(n=85)	toning(n=89) (low intensity resistance/flexibility training)	60개월	GDS	NS	
Nabkasorn 2006	RCT	Adults with mild to moderate depression	Exercise (n=21)	Daily activity (n=28)	16주	CES-D	NS	Cross over design
Roth 1987	RCT	healthy	exercise	relaxation	2개월	BDI	STF only	

	student with depressed symptoms	training(n=18)	training(n=19) no treatment control (n=18)		in first 5weeks
Sims 2006	Olds with depressive Symptoms RCT	Progressive resistance training+Advice (n=14)	Advice only (n=18)	6개월	GDS CESD NS
Singh 2001	depressed patients RCT	10주 간 감독 하에 운동+그 후 10주 간 개별 운동 (n=15)	10주 간 강의 수강 (n=14)	20주, 26개월	BDI STF

Ahmadi J, Samavatt F, Sayyad M, Ghanizadeh A, Ahmadi J, Samavatt F, et al. Various types of exercise and scores on the Beck Depression Inventory. *Psychological Reports*. [Validation Studies]. 2002 Jun;90(3 Pt 1):821-2.

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Bennett J, Carmac M, Gardner V. The Effect of a Program of Physical Exercise on Depression in Older Adults. *Physical Educator*. 1982;39(1):p21-4.

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Brenes GA, Williamson JD, Messier SP, Rejeski WJ, Pahor M, Ip E, et al. Treatment of minor depression in older adults: a pilot study comparing sertraline and exercise. *Aging & Mental Health*. [Randomized Controlled Trial Research Support, N.I.H., Extramural]. 2007 Jan;11(1):61-8.

Brown DR, Wang Y, Ward A, Ebbeling CB, Fortlage L, Puleo E, et al. Chronic psychological effects of exercise and exercise plus cognitive strategies. *Medicine & Science in Sports & Exercise*. [Clinical Trial Randomized Controlled Trial Research Support, Non-U.S. Gov't]. 1995 May;27(5):765-75.

Chin A Paw MJM, van Poppel M, Twisk J, van Mechelen W. Effects of resistance and all-round, functional training on quality of life, vitality and depression of

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표 8-9. Humor 중재법 근거 표

연구	연구 디자인	환자군	치료군	비교군	추적기간	성과변수	효과	비고
Danzer 1990	RCT	우울한 슬라이드를 본 여대생 (N=38)	humorous audiotape	waiting control (no tape)	tape 청취 직후	Multiple Affect Adjective Check List	STF (전후비교)	
Houston 1998	non-RCT	older subjects without depression	humorous activity (sing-a-long cassette) (n=31)	normal level of care (n=30)	5주	HADS	STF	

Danzer A, Dale JA, Klions HL. Effect of exposure to humorous stimuli on induced depression. Psychological Reports. 1990 Jun;66(3 Pt 1):1027-36.

Houston DM, McKee KJ, Carroll L, Marsh H. Using humor to promote psychological wellbeing in residential homes for older people. Aging and Mental Health. 1998;2(4):328-32.

STF = Significantly treatment favorable; NS = Not significant

표 8-10. Light exposure 중재법 근거표

연구	연구 디자인	환자군	치료군	비교군	추적기간	성과변수	효과	비고
Leppamaki 2004	RCT	아래와 중복 volunteers with normal to mild depression	아래와 중복 aerobics in bright light (n=40)	아래와 중복 aerobics in normal room light (n=42)	아래와 중복	아래와 중복	아래와 중복	
Leppamaki 2002	RCT				8주	HAM-D	STF	
Lingjaerde 1998	RCT	winter depression	lightbox treatment 6일간 오전 2시간 (n=34)	dawn simulation 2주간 (n=27)	2주	visual analogue scale	STF	

Leppamaki S, Haukka J, Lonnqvist J, Partonen T. Drop-out and mood improvement: A randomised controlled trial with light exposure and physical exercise. *BMC Psychiatry*. 2004 Aug;4.

Leppamaki SJ, Partonen TT, Hurme J, Haukka JK, Lonnqvist JK, Leppamaki SJ, et al. Randomized trial of the efficacy of bright-light exposure and aerobic exercise on depressive symptoms and serum lipids. *Journal of Clinical Psychiatry*. [Clinical Trial Comparative Study Randomized Controlled Trial]. 2002 Apr;63(4):316-21.

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STF = Significantly treatment favorable; NS = Not significant

표 8-11. Massage 중재법 근거표

연구	연구 디자인	환자군	치료군	비교군	추적기간	성과변수	효과	비고
Field 2008	RCT	prenatally (mildly) depressed women (n=57)	massage twice weekly from partners	control	20 weeks gestation until the end of pregnancy	CES-D	STF	
Field 2004	RCT	depressed pregnant women	massage for 20min/week from partners (n=28)	muscle relaxation (n=28), standard prenatal care (n=28)	16주	CES-D	STF	
Imura 2006	non-RCT	healthy postpartum mothers	aromatherapy massage (n=16)	standard postpartum care (n=20)	마사지 30분 후	POMS	STF	
Manber 2004	RCT	depressed pregnant women	massage (n=20)	active control acupuncture (n=21)	8주	BDI, HAM-D	NS	
Sharpe 2007	RCT	older adults (≥60세)	massage twice weekly (n=25)	guided relaxation sessions (n=24)	4주	General Well-being Schedule	STF	

Field T, Figueiredo B, Hernandez-Reif M, Diego M, Deeds O, Ascencio A, et al. Massage therapy reduces pain in pregnant women, alleviates prenatal depression in both parents and improves their relationships. Journal of Bodywork & Movement Therapies. [Clinical Trial Randomized Controlled Trial Research Support, N.I.H., Extramural

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 Sharpe PA, Williams HG, Granner ML, Hussey JR, Sharpe PA, Williams HG, et al. A randomised study of the effects of massage therapy compared to guided relaxation on well-being and stress perception among older adults. *Complementary Therapies in Medicine*. [Randomized Controlled Trial Research Support, Non-U.S. Gov't]. 2007 Sep;15(3):157-63.
 STF = Significantly treatment favorable; NS = Not significant

표 8-12. Meditation 중재법 근거표

연구	연구 디자인	환자군	치료군	비교군	추적기간	성과변수	효과	비고
Chambers 2008	non-RCT	Healthy people	Mindfulness (n=20)	Control (n=20)	7-10days	BDI	STF	
Deberry 1989	RCT	Old people without psychological disease	Relaxation meditation (n=13)	Cognitive restructuring (n=10) Pseudo treatment control (n=9)	Immediately	BDI	NS	
DeBerry 1982	RCT	Old people without psychological disease	Relaxation meditation with F/U (n=12) Relaxation meditation w/o F/U (n=12)	Control (n=12)	10wks	Zung Depression Score	STF	
Huffziger 2009	RCT	Depressed patients originally recruited during their inpatient treatment	Mindful self-focus (n=25)	Rumination (n=24) Distraction (n=27)	Immediately	SCID-I MADRS	NS	habitual mindfulness 는 STF

Kang 2009	RCT	Healthy people	Meditation-based stress management program (n=21)	Control group (n=20)	not mentioned	BDI	NS	stress, anxiety score는 STF				
Lee 1999	non-RCT	정신과 외래 치료중인 신경증 환자	Kundalini Meditation (n=30)	Comparison (n=20)	not mentioned	BDI STAI	STF					
Smith 2008	non-RCT	healthy people	MBSR (Mindfulness-based stress reduction) (n=45)	CBSR (Cognitive-behavioral stress reduction) (n=19)	1wk	BDI	NS					
Tloczynski 1998	RCT	Healthy people	Meditation (n=21)	Relaxation (n=20) Control (n=21)	6wks	CAS depression score	STF					

Chambers R, Lo BCY, Allen NB. The impact of intensive mindfulness training on attentional control, cognitive style, and affect. *Cognitive Therapy and Research*. 2008;32(3):303-22. Deberry S, Davis S, Reinhard KE. A comparison of meditation-relaxation and cognitive/behavioral techniques for reducing anxiety and depression in a geriatric population. *Journal of Geriatric Psychiatry*. 1989;22(2):231-47. DeBerry S. The effects of meditation-relaxation on anxiety and depression in a geriatric population. *Psychotherapy*. 1982;19(4):512-21. Huffziger S, Kuehner C. Rumination, distraction, and mindful self-focus in depressed patients. *Behaviour Research and Therapy*. 2009 Mar;47(3):224-30. Kang YS, Choi SY, Ryu E, Kang YS, Choi SY, Ryu E. The effectiveness of a stress coping program based on mindfulness meditation on the stress, anxiety, and depression experienced by nursing students in Korea. *Nurse Education Today*. [Randomized Controlled Trial]. 2009 Jul;29(5):538-43. Lee JH, Kim YM, Choi YM. The effect of meditation on depression and anxiety. *Journal of the Korean Neuropsychiatric Association* [serial on the Internet]. 1999; (3): Available from: <http://www.knpsa.or.kr/journal/view.php?doi=10.7732/jknp.1999.3.3.224>. Wiggins K, Tooley E, Bernard J, et al. A pilot study comparing the effects of mindfulness-based and cognitive-behavioral stress reduction. *Journal of Alternative & Complementary Medicine*. [Clinical Trial Research Support, Non-U.S. Gov't]. 2008 Apr;14(3):251-8. Tloczynski J, Tantriella M. A comparison of the effects of Zen breath meditation or relaxation on college adjustment. *Psychologia: An International Journal of Psychology in the Orient*. 1998 Mar;41(1):32-43.

표 8-13. Music 중재법 근거표

연구	연구 디자인	환자군	치료군	비교군	추적기간	성과변수	효과	비고
Chan 2009	RCT	participants at a community day care center 60years over	Received Music (n=25)	Received no music (n=25)	4wks	GDS	STF	
Hanser 1994	RCT	Participants with history of Major or Minor depressive disorder	Self-adminis trated Music Therapy (n=10)	Home-based Music Therapy (n=10) Wait List Control (n=10)	9months	GDS BSI-GSI	STF	
Harmat 2008	RCT	Students with sleep complaints	Listening to Music (n=35)	Listening to Audiobook (n=30) Control (n=29)	3wks	BDI	NS	Primary Outcome아님

Chan MF, Chan EA, Mok E, Tse FYK. Effect of music on depression levels and physiological responses in community-based older adults. *International Journal of Mental Health Nursing*. 2009 Aug;18(4):285-94.

Hanser S. Effects of a Music Therapy Strategy on Depressed Older Adults. *Journal of Gerontology*. 1994;49(6):265-9.

Harmat L, Tak?s J, R Bi. Music improves sleep quality in students. *Journal of advanced nursing* . 2008; (3):

표 8-14. Omega-3 중재법 근거표

연구	연구 디자인	환자군	치료군	비교군	추적기간	성과변수	효과	비고
Fontani 2005	RCT	healthy volunteers (n=33)	omega-3 fatty acids	placebo (olive oil)	70일	POMS	STF	double-blind cross-over design
Llorente 2003	RCT	postpartum depression (mild to moderate)	docosahexaenoic acid 200mg/일 (n=44)	placebo (n=45)	4개월	BDI	NS	
Rees 2008	RCT	perinatal depression (mild to moderate)	fish oil 6g/일 (n=13)	placebo (n=13)	6주	EPDS, HDRS, MADRS	NS	
Silvers 2005	RCT	mild to moderate depression	fish oil 8g/일+항우울제 (n=40)	placebo (olive oil)+항우울제 (n=37)	12주	BDI II, HDRS	NS	
van de Rest 2008	RCT	65세 이상 (우울증 없음)	fish oil 1800mg/일 (n=96)	placebo (n=106)	26주	CES-D, MADRS, GDS-15, HADS	NS	

Fontani G, et al. Blood profiles, body fat and mood state in healthy subjects on different diets supplemented with Omega-3 polyunsaturated fatty acids. *Eur J Clin Invest* 2005;35:499-507. Llorente AM, et al. Effect of maternal docosahexaenoic acid supplementation on postpartum depression and information processing. *American Journal of Obstetrics and Gynecology*. 2003; (5): Available from: <http://www.mrw.interscience.wiley.com/cochrane/clcentral/articles/452/CN-00437452/frame.html>. Rees A-M, Austin M-P, Parker GB. "Omega-3 fatty acids as a treatment for perinatal depression: Randomized double-blind placebo-controlled trial". *Australian and New Zealand Journal of Psychiatry*. 2008 Mar;42(3):199-205. Silvers KM, Woolley CC, Hamilton FC, Watts PM, Watson RA, Silvers KM, et al. Randomised double-blind placebo-controlled trial of fish oil in the treatment of depression. *Prostaglandins Leukotrienes & Essential Fatty Acids*. 2005 Mar;72(3):211-8. van de Rest O, et al. Effect of fish-oil supplementation on mental well-being in older subjects: a randomized, double-blind, placebo-controlled trial. *American Journal of Clinical Nutrition*. 2008 Sep;88(3):706-13. STF = Significantly treatment favorable at 5% significance level; NS = Not significant

표 8-15. Pets 중재법 근거표

연구	연구 디자인	환자군	치료군	비교군	추적기간	성과변수	효과	비고
Lutwack-Bloom m 2005	non-RCT	Old Patients residing in nursing homes	Visit with dog (n=42)	Visit w/o dog (n=26)	2wks	GDS POMS	STF	

Lutwack-Bloom P, Wijewickrama R, Smith B. Effects of Pets versus People Visits with Nursing Home Residents. Journal of Gerontological Social Work. 2005;44(3-4):137-59.

표 8-16. Pleasant activities 중재법 근거표

연구	연구 디자인	환자군	치료군	비교군	추적기간	성과변수	효과	비고
Cernin 2009	RCT	Participants in senior assisted living communities	Pleasant Activity Immediate Tr (n=8)	Wait List (n=7)	6months	GDS	STF	

Cernin P, Lichtenberg P. Behavioral treatment for depressed mood: A pleasant events intervention for seniors residing in assisted living. *Clinical Gerontologist*. 2009 Jul;32(3):324-31.

표 8-17. Prayer 중재법 근거표

연구	연구 디자인	환자군	치료군	비교군	추적기간	성과변수	효과	비고
O'Laoire 1997	RCT	Healthy people	Prayed for directed and non-directed (n=90)	Control (=406)	not mentioned	BDI	STF	

O'Laoire S. An experimental study of the effects of distant, intercessory prayer on self-esteem, anxiety, and depression. *Alternative Therapies in Health & Medicine*. [Clinical Trial Randomized Controlled Trial]. 1997 Nov;3(6):38-53.

표 8-18. Qigong 중재법 근거표

연구	연구 디자인	환자군	치료군	비교군	추적기간	성과변수	효과	비고
Lee 2006	non-RCT	임산부	기태교 프로그램 (n=20)	대조군 (n=20)	4wks	BDI	STF	

Lee KO, Kim KR, Ahn SH. Effects of a Qigong prenatal education program on anxiety, depression and physical symptoms in pregnant women. Korean Journal of Women Health Nursing [serial on the Internet]. 2006; (3): Available from: <http://www.nrw.interscience.wiley.com/cochrane/cicentral/articles/306/CN-00677306/frame.html>.

표 8-19. Recreation 중재법 근거표

연구	연구 디자인	환자군	치료군	비교군	추적기간	성과변수	효과	비고
Plati 2006	non-RCT	Institutionalized old people	Institutionalized with activities (n=37)	Institutionalized w/o activities (n=46)	not mentioned	GDS	NS	
Rosen 1997	RCT	Nursing home residents	Planned Activities (n=11)	Wait list (n=11)	2months	HAMD GDS	NS	

Plati MC, Covre P, Lukasova K, de Macedo EC, Plati MCF, Covre P, et al. Depressive symptoms and cognitive performance of the elderly: relationship between institutionalization and activity programs. *Revista Brasileira de Psiquiatria*. [Comparative Study Research Support, Non-U.S. Gov't]. 2006 Jun;28(2):118-21.

Rosen J, Rogers JC, Marin RS, Mulsant BH, Shahar A, Reynolds CF, 3rd. Control-relevant intervention in the treatment of minor and major depression in a long-term care facility. *American Journal of Geriatric Psychiatry*. [Clinical Trial Randomized Controlled Trial Research Support, Non-U.S. Gov't Research Support, U.S. Gov't, P.H.S.]. 1997;5(3):247-57.

표 8-20. Reflexology 중재법 근거표

연구	연구 디자인	환자군	치료군	비교군	추적기간	성과변수	효과	비고
Song 2006	non-RCT	요양원 거주 노인 (MMSE>24)	발반사마사지 (n=25)	대조군 (n=25)	Immediately	노인우울척도 (Brink)	NS	

Song RH, Kim DH, Song R-H, Kim D-H. [The effects of foot reflexion massage on sleep disturbance, depression disorder, and the physiological index of the elderly]. Daehan Ganho Haghoeji. [Controlled Clinical Trial English Abstract]. 2006 Feb;36(1):15-24.

표 8-21. Relaxation 중재법 근거표

연구	연구 디자인	환자군	치료군	비교군	추적기간	성과변수	효과	비고
Deberry 1989	RCT	Old people without psychological disease	Relaxation meditation (n=13)	Cognitive restructuring (n=10) Pseudo treatment control (n=9)	Immediately	BDI	NS	
DeBerry 1982	RCT	Old people without psychological disease	Relaxation meditation with F/U (n=12) Relaxation meditation w/o F/U (n=12)	Control (n=12)	10wks	Zung Depression Score	STF	
Field 2004	RCT	depressed pregnant women	massage for 20min/week from partners (n=28)	muscle relaxation (n=28), standard prenatal care (n=28)	16주	CES-D	STF	
Krogh 2009	RCT	Unipolar depression Adult	Relaxation (n=42)	Aerobic(n=48) Strength(n=47)	12months	HAMD MADRS BDI	NS	
Murphy 1995	RCT	Moderately depressed	Relaxation (n=14)	Cognitive Behavior Therapy(n=11)	16wks	BDI HRSD	NS	

		volunteer	Relaxation (n=30)	Medication(n=12)	4wks	not mentioned	NS
Rees 1993	RCT	Postpartum	Relaxation (n=30)	Control (n=30)	4wks	mentioned	NS
Rees 1995	RCT	Postpartum	Relaxation (n=30)	Control (n=30)	4wks	CES-D	STF
Tloczynski 1998	RCT	Healthy people	Meditation (n=21)	Relaxation (n=20) Control (n=21)	6wks	CAS depression score	STF

DeBerry S. The effects of meditation-relaxation on anxiety and depression in a geriatric population. Psychotherapy: Theory, Research & Practice. 1982;19(4):512-21.

DeBerry S, Davis S, Reinhard KE. A comparison of meditation-relaxation and cognitive/behavioral techniques for reducing anxiety and depression in a geriatric population. Journal of Geriatric Psychiatry. [Comparative Study]. 1989;22(2):231-47.

Field T. Massage therapy effects on depressed pregnant women. J Psychosom Obstet Gynecol. 2004;25:115-22.

Krogh J, Saltin B, Gluud C, Nordentoft M, Krogh J, Saltin B, et al. The DEMO trial: a randomized, parallel-group, observer-blinded clinical trial of strength versus aerobic versus relaxation training for patients with mild to moderate depression. Journal of Clinical Psychiatry. [Comparative Study Randomized Controlled Trial

Research Support, Non-U.S. Gov't]. 2009 Jun;70(6):790-800.

Murphy GE, Carney RM, Knesevich MA, Wetzel RD, Whitworth P. Cognitive behavior therapy, relaxation training, and tricyclic antidepressant medication in the treatment of depression. Psychological Reports. [Clinical Trial Comparative Study Randomized Controlled Trial Research Support, U.S. Gov't, P.H.S.]. 1995 Oct;77(2):403-20.

Rees BL. An exploratory study of the effectiveness of a relaxation with guided imagery protocol. Journal of Holistic Nursing. 1993 Sep;11(3):271-6.

Rees BL. Effect of relaxation with guided imagery on anxiety, depression, and self-esteem in primiparas. Journal of Holistic Nursing. [Clinical Trial Research Support, U.S. Gov't, Non-P.H.S.]. 1995 Sep;13(3):255-67.

Tloczynski J, Tantriella M. A comparison of the effects of Zen breath meditation or relaxation on college adjustment. Psychologia: An International Journal of Psychology in the Orient. 1998 Mar;41(1):32-43.

표 8-22. Taichi 중재법 근거표

연구	연구 디자인	환자군	치료군	비교군	추적기간	성과변수	효과	비고
Chou 2004	RCT	Community dwelling depressed outpatient	Tai Chi (n=7)	Control (n=7)	3months	CES-D	STF	
Irwin 2007	RCT	Healthy Older adults	Tai Chi (n=59)	Health Education (n=53)	2months	BDI	STF	Intervention후 varicella zoster vaccination하고 Outcome측정

Chou KL, Lee PW, Yu EC, Macfarlane D, Cheng YH, Chan SS, et al. Effect of Tai Chi on depressive symptoms amongst Chinese older patients with depressive disorders: a randomized clinical trial. International Journal of Geriatric Psychiatry. [Clinical Trial Randomized Controlled Trial Research Support, Non-U.S. Gov't]. 2004 Nov;19(11):1105-7.

Irwin MR, Augmenting Immune Responses to Varicella Zoster Virus in Older Adults: A Randomized, Controlled Trial of Tai Chi. JAGS. 2007;55:511-7.

표 8-23. Vitamin B6 중재법 근거표

연구	연구 디자인	환자군	치료군	비교군	추적기간	성과변수	효과	비고
Bryan 2002	RCT	healthy women (mild to moderate depression)	비타민B6 75mg/일	placebo	35일	CES-D	NS	

Bryan J, Calvaresi E, Hughes D. Short term folate vitamin B12 or vitamin B6 supplementation slightly affects memory performance but not mood in women of various ages. Journal of Nutrition 2002;132(6):1345-56.

STF = Significantly treatment favorable at 5% significance level; NS = Not significant

표 8-24. Vitamin B12 중재법 근거표

연구	연구 디자인	환자군	치료군	비교군	추적기간	성과변수	효과	비고
Hvas 2004	RCT	Individuals with an increased P-MMA	Vit B12 treatment (1mg Cyanocobalamin injection) (n=70)	Placebo (n=70)	3months	MDI	NS	

Hvas AM, Juul S, Lauritzen L, Nexø E, Ellegaard J, Hvas A-M, et al. No effect of vitamin B-12 treatment on cognitive function and depression: a randomized placebo controlled study. Journal of Affective Disorders. [Clinical Trial Randomized Controlled Trial Research Support, Non-U.S. Gov't]. 2004 Sep;81(3):269-73. STF = Significantly treatment favorable at 5% significance level; NS = Not significant

표 8-25. Vitamin D 중재법 근거표

연구	연구 디자인	환자군	치료군	비교군	추적기간	성과변수	효과	비고
Jorde 2008	RCT	과체중	비타민D (20 또는 40 IU)	placebo	1년	BDI	STF (ITT) NS (PP)	비타민D 두 군에서의 치료 전후로는 증상이 유의하게 호전됨

Jorde R, Sneve M, Figenschau Y, Svarthberg J, Waterloo K. Effects of vitamin D supplementation on symptoms of depression in overweight and obese subjects: randomized double blind trial. *Journal of Internal Medicine*. [Randomized Controlled Trial Research Support, Non-U.S. Gov't]. 2008 Dec;264(6):599-609.

STF = Significantly treatment favorable at 5% significance level; NS = Not significant; ITT = intention to treat analysis; PP = per protocol analysis

표 8-26. Vitamin (multi) 중재법 근거표

연구	연구 디자인	환자군	치료군	비교군	추적기간	성과변수	효과	비고
America 2008	RCT	Healthy Volunteer	Multivitamin e(n=27)	B-complex Vitamin (n=31) Placebo vitamine (n=28) No treatment (n=28)	6wks	BDI	NS	
Ford 2008	RCT	Older free of clinically significant depression (BDI<18)	400 µgB12+2mg Folic Acid+25mg B6 per day (n=150)	Placebo (n=149)	24months	BDI	NS	

America A, Milling LS, America A, Milling LS. The efficacy of vitamins for reducing or preventing depression symptoms in healthy individuals: natural remedy or placebo? Journal of Behavioral Medicine. [Randomized Controlled Trial]. 2008 Apr;31(2):157-67.
 Ford AH, Flicker L, Thomas J, Norman P, Jamrozik K, Almeida OP. Vitamins B12, B6, and folic acid for onset of depressive symptoms in older men: Results from a 2-year placebo-controlled randomized trial. Journal of Clinical Psychiatry. 2008 Aug;69(8):1203-9.

표 8-27. Yoga 중재법 근거표

연구	연구 디자인	환자군	치료군	비교군	추적기간	성과변수	효과	비고
Berger 1992	non-RCT	Healthy Volunteer	Yoga (n=26)	Swimming (n=39)	Immediately	Profile of Mood States	NS	
Butler 2008	RCT	Long term(2+years) depressed condition w/o significant remission of 2months or more	Meditation and hatha yoga (n=15)	Hypnosis (n=15) Control (n=15)	9months	HRSD	NS	
Javnakht 2009	RCT	female patient referred to yoga clinic	Ashtanga yoga (n=34)	Wait list (n=31)	2months	BDI	NS	
Kjel Igren 2007	non-RCT	Healthy Volunteer	Sudarshan Kriya and related practice (n=55)	Control (n=48)	6wks	HAD	STF	
Kozasa 2008	RCT	Healthy volunteer	Siddha Samadhi Yoga (n=14)	Control (n=8)	1month	BDI	STF	
Krishnamurthy 2007	non-RCT	Old people	Yoga (n=18)	Ayurveda (n=12) Wait list (n=20)	6months	GDS	STF	
Michalsen 2005	non-RCT	self-referred feale who perceived	3 month Yoga (n=16)	Control (n=8)	3months	CFSD-D	STF	

		distress		Wait List	Immeditatel	BDI	STF
Woolery 2004	RCT	Healthy volunteer (BDI 10-15)	Yoga (n=13)	Wait List (n=15)	y	BDI	STF

Berger BG, Owen DR. Mood alteration with yoga and swimming: aerobic exercise may not be necessary. *Perceptual & Motor Skills*. [Comparative Study Research Support, Non-U.S. Gov't]. 1992 Dec;75(3 Pt 2):1331-43.

Butler LD, Waelde LC, Hastings TA, Chen XH, Symons B, Marshall J, et al. Meditation with yoga, group therapy with hypnosis, and psychoeducation for long-term depressed mood: a randomized pilot trial. *Journal of Clinical Psychology*. [Comparative Study Randomized Controlled Trial Research Support, Non-U.S. Gov't]. 2008 Jul;64(7):806-20.

Javnbakht M, Hejazi Kenari R, Ghasemi M. Effects of yoga on depression and anxiety of women. *Complementary Therapies in Clinical Practice*. [Randomized Controlled Trial]. 2009 May;15(2):102-4.

Kjellgren A, Bood SA, Axelsson K, Norlander T, Saatcioglu F, Kjellgren A, et al. Wellness through a comprehensive yogic breathing program - a controlled pilot trial. *BMC Complementary & Alternative Medicine*. [Randomized Controlled Trial Research Support, Non-U.S. Gov't]. 2007;7:43.

Kozasa EH, Santos RF, Rueda AD, Benedito-Silva AA, De Ornellas FL, Leite JR, et al. Evaluation of Siddha Samadhi Yoga for anxiety and depression symptoms: a preliminary study. *Psychological Reports*. [Evaluation Studies Research Support, Non-U.S. Gov't]. 2008 Aug;103(1):271-4.

Krishnamurthy MN, Telles S, Krishnamurthy MN, Telles S. Assessing depression following two ancient Indian interventions: effects of yoga and ayurveda on older adults in a residential home. *Journal of Gerontological Nursing*. [Randomized Controlled Trial]. 2007 Feb;33(2):17-23.

Michalsen. Rapid stress reduction and anxiolysis among distressed women as a consequence of a three-month intensive yoga program. *Med Sci Monit*. 2005;11(12):CR555-61.

Woolery A, Myers H, Sternlieb B, Zeltzer L, Woolery A, Myers H, et al. A yoga intervention for young adults with elevated symptoms of depression. *Alternative Therapies in Health & Medicine*. [Clinical Trial Randomized Controlled Trial Research Support, U.S. Gov't, Non-P.H.S. Research Support, U.S. Gov't, P.H.S.]. 2004 Mar-Apr;10(2):60-3.

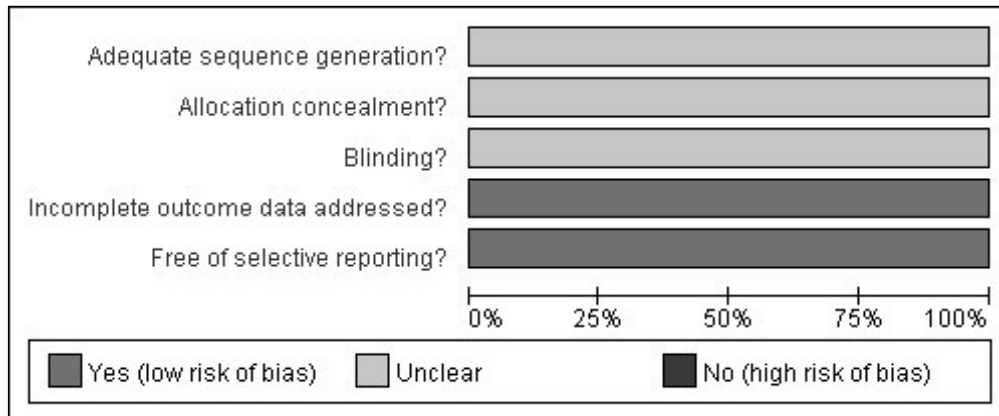
표 8-28. Forest - 원예치료 중재법 근거표

연구	연구 디자인	환자군	치료군	비교군	추적기간	성과변수	효과	비고
Morita 2007	non-RCT	Healthy volunteer	Forest day (n=541)	Control day (n=541)	Immediately	MMS-SF	STF	

Morita E, Fukuda S, Nagano J, Hamajima N, Yamamoto H, Iwai Y, et al. Psychological effects of forest environments on healthy adults: Shinrin-yoku (forest-air bathing, walking) as a possible method of stress reduction. Public Health. [Research Support, Non-U.S. Gov't]. 2007 Jan;121(1):54-63.

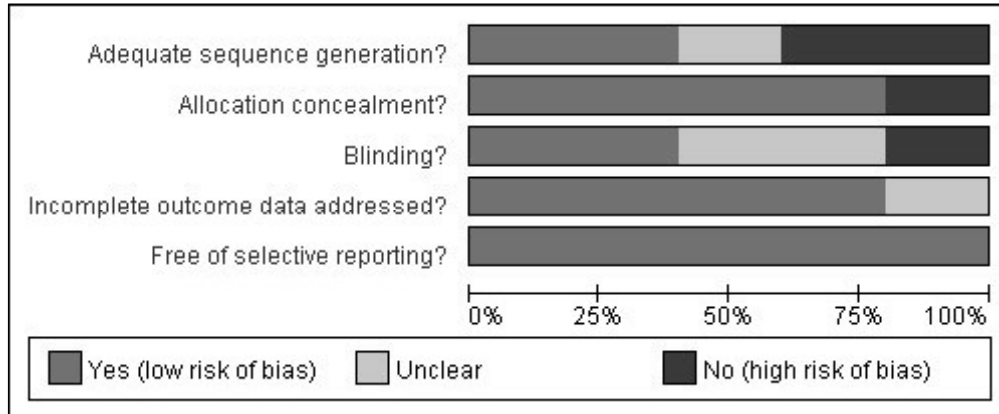
8.3. 문헌의 질 평가 결과

Alcohol



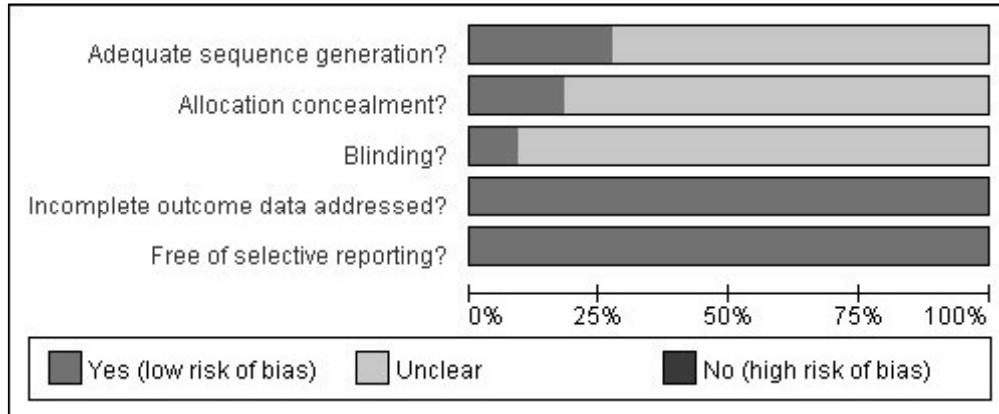
	Adequate sequence generation?	Allocation concealment?	Blinding?	Incomplete outcome data addressed?	Free of selective reporting?
Pihl 1980-RCT	?	?	?	+	+

Aromatherapy



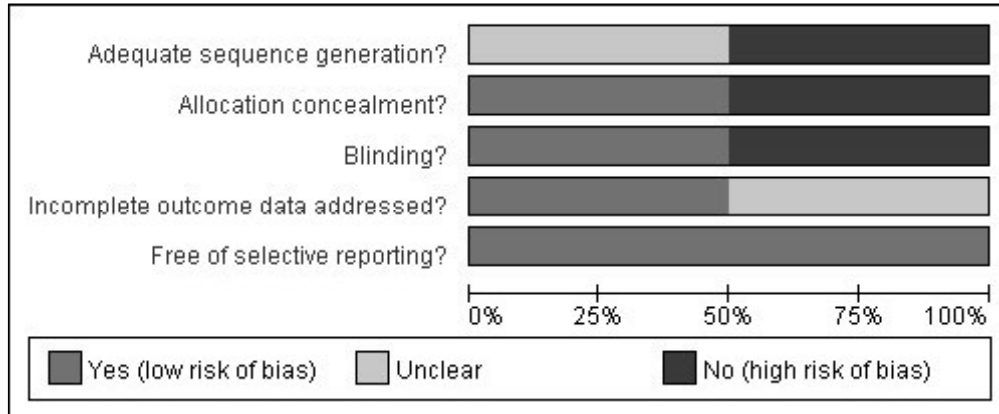
	Adequate sequence generation?	Allocation concealment?	Blinding?	Incomplete outcome data addressed?	Free of selective reporting?
Akhondazabeh 2007-RCT	+	+	+	+	+
Akhondazadeh 2004-RCT	+	+	+	+	+
Akhondzadeh 2003-RCT	?	+	?	+	+
Imura 2006-nonRCT	-	-	?	?	+
Lee 2006-nonRCT	-	+	-	+	+

Bibliotherapy



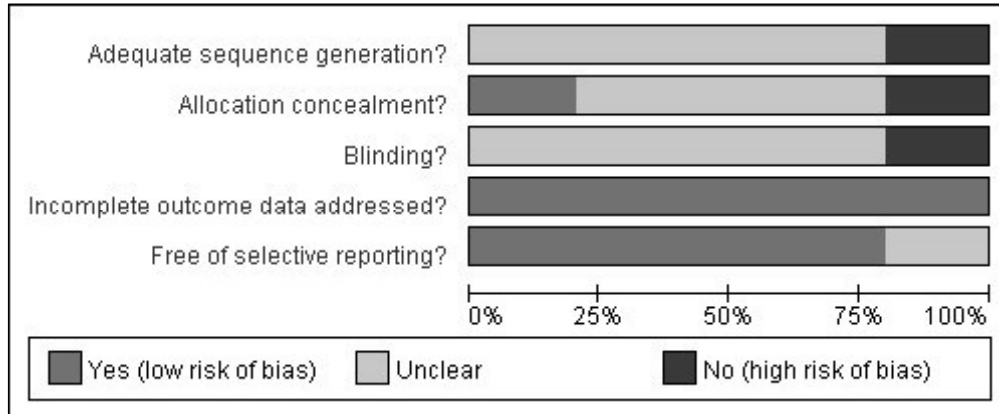
	Adequate sequence generation?	Allocation concealment?	Blinding?	Incomplete outcome data addressed?	Free of selective reporting?
Bilich 2008-RCT	+	?	?	+	+
Bowmand 1995-nonRCT	?	?	?	+	+
Fletcher 2005-RCT	?	+	+	+	+
Floyd 2004-nonRCT	?	?	?	+	+
Floyd 2006-nonRCT	?	?	?	+	+
Jamison 1995-nonRCT	?	?	?	+	+
Mead 2005-RCT	+	+	?	+	+
Scogin 1989-nonRCT	?	?	?	+	+
Smith 1997-RCT	?	?	?	+	+
Stice 2007-RCT	?	?	?	+	+
Stice 2008-RCT	+	?	?	+	+

Caffeine



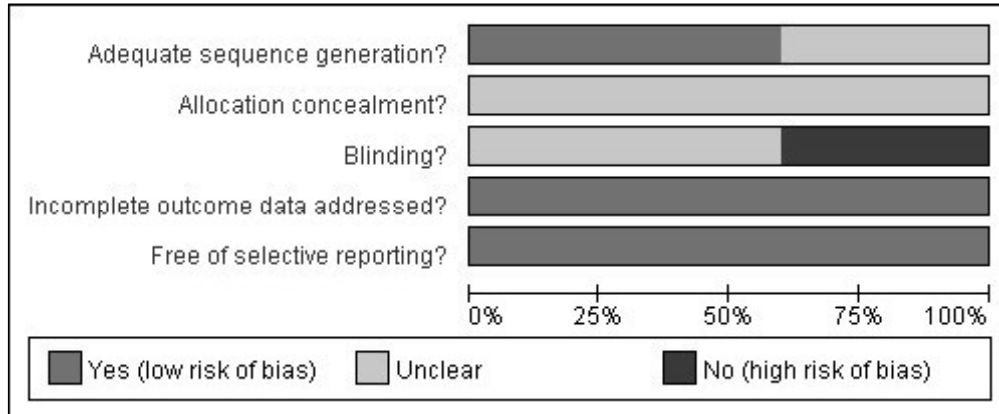
	Adequate sequence generation?	Allocation concealment?	Blinding?	Incomplete outcome data addressed?	Free of selective reporting?
Leibenluft 1993-nonRCT	-	-	-	+	+
Veleber 1984-nonRCT	?	+	+	?	+

Carbohydrate-rich protein-poor diet



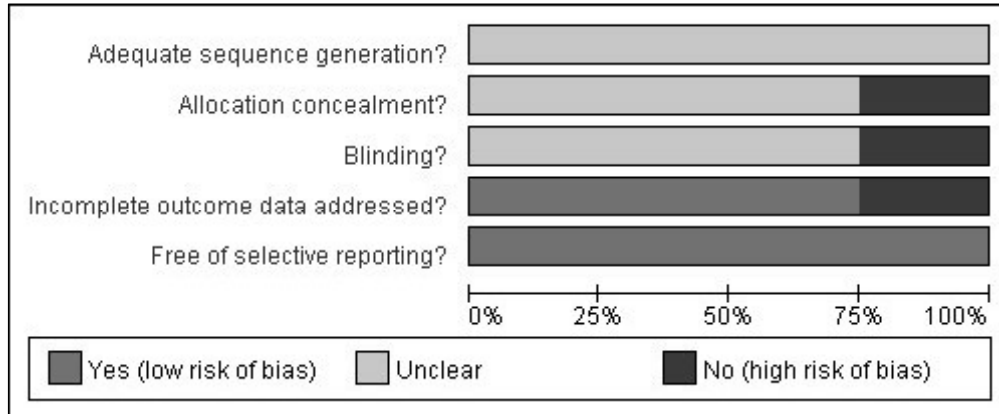
	Adequate sequence generation?	Allocation concealment?	Blinding?	Incomplete outcome data addressed?	Free of selective reporting?
Cline 2000-RCT	?	+	?	+	+
Halyburton 2007-RCT	?	?	?	+	+
Keith 1991-nonRCT	?	?	?	+	+
Prusaczyk 1992-nonRCT	?	?	?	+	+
Weidner 1992-nonRCT	-	-	-	+	?

Computerized Interventions



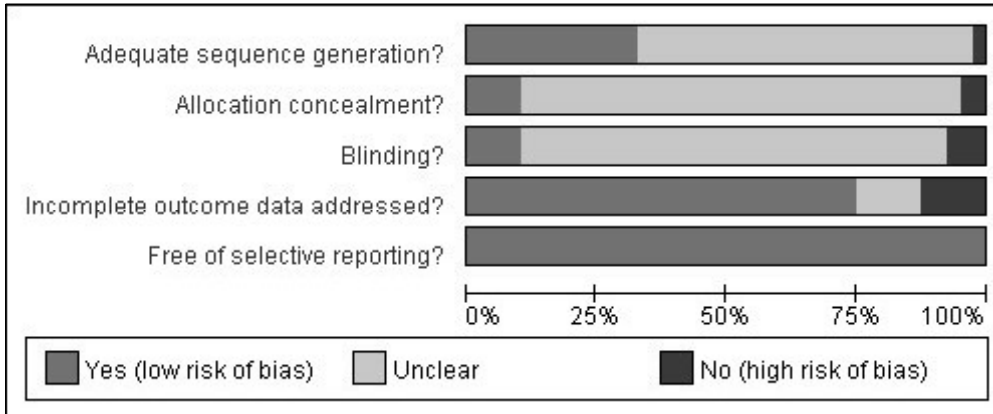
	Adequate sequence generation?	Allocation concealment?	Blinding?	Incomplete outcome data addressed?	Free of selective reporting?
Clarke 2002-RCT	+	?	-	+	+
Clarke 2005-RCT	+	?	-	+	+
Grime 2004-RCT	+	?	?	+	+
Mackinnin 2008-RCT	?	?	?	+	+
Spek 2008-RCT	?	?	?	+	+

Dance



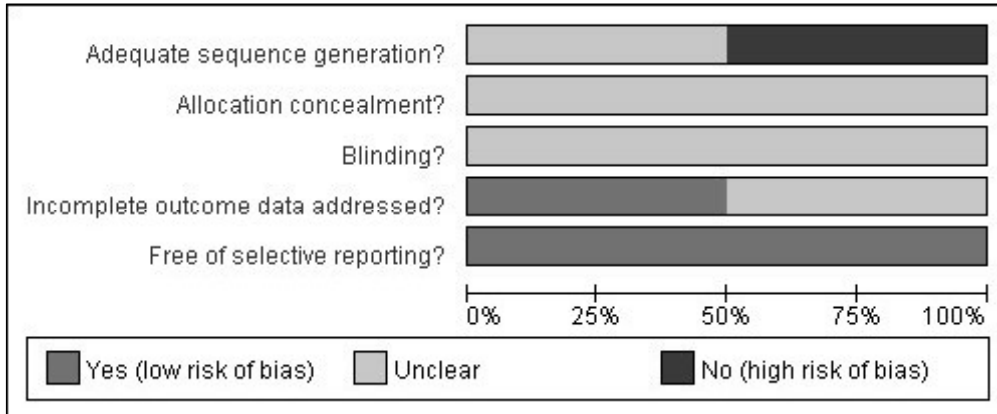
	Adequate sequence generation?	Allocation concealment?	Blinding?	Incomplete outcome data addressed?	Free of selective reporting?
Brooks 1989-nonRCT	?	●	●	+	+
Haboush 2006-RCT	?	?	?	+	+
Jeon 2005-RCT	?	?	?	●	+
Jeong 2005-RCT	?	?	?	+	+

Exercise



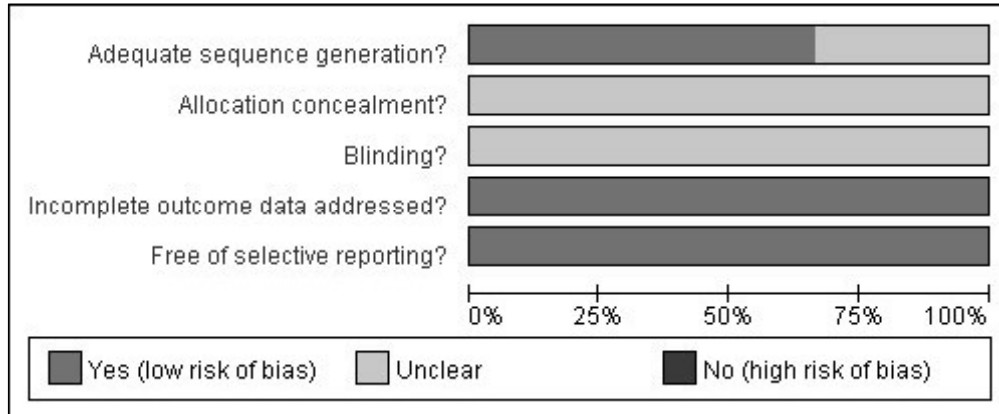
	Adequate sequence generation?	Allocation concealment?	Blinding?	Incomplete outcome data addressed?	Free of selective reporting?
Ahmadi 2002-nonRCT	?	?	?	?	+
Andersen 1999-RCT	?	?	?	+	+
Armstrong 2004-RCT	+	●	●	+	+
Babyak 2000-RCT	?	?	?	+	+
Bartholomew 2005-RCT	?	?	?	?	+
Bennett 1982-nonRCT	?	●	●	●	+
Blumenthal 1991-RCT	?	?	?	+	+
Blumenthal 1999-RCT	?	?	?	+	+
Blumenthal 2007-RCT	?	?	?	+	+
Brenes 2007-RCT	+	?	+	+	+
Brown 1995-RCT	?	?	?	?	+
Chin A Paw 2004-RCT	+	?	+	+	+
Chu 2009-RCT	+	?	?	+	+
Ciechanowski 2004-RCT	+	?	?	+	+
Cramer 1991-RCT	?	?	?	+	+
Daley 2008-RCT	+	?	?	+	+
DiLorenzo 1999-RCT	?	?	?	●	+
Dunn 2005-RCT	?	?	+	+	+
Emery 1990-RCT	?	?	?	+	+
Gitlin 1992-RCT	?	?	?	●	+
Greist 1979-RCT	?	?	?	+	+
Heh 2008-nonRCT	●	?	?	+	+
Khatri 2001-RCT	?	?	?	?	+
King 1989-RCT	?	?	?	?	+
King 1993-RCT	+	?	?	●	+
Krogh 2009-RCT	+	+	+	+	+
Legrand 2007-RCT	?	?	?	+	+
Leppamaki 2002(B)-RCT	?	?	?	+	+
Leppamaki 2002(R)-RCT	?	?	?	+	+
MacMahon 1988-nonRCT	?	?	?	+	+
Mather 2002-RCT	+	+	?	+	+
McCann 1984-RCT	?	?	?	+	+
McMurdo 1992-RCT	+	+	?	+	+
McNeil 1991-RCT	?	?	?	+	+
Moses 1989-RCT	?	?	?	+	+
Moti 2005-RCT	+	?	?	+	+
Nabkasorn 2006-RCT	?	?	?	+	+
Roth 1987-RCT	?	?	?	●	+
Sims 2006-RCT	+	?	●	+	+
Singh 2001-RCT	+	+	?	+	+

Humor



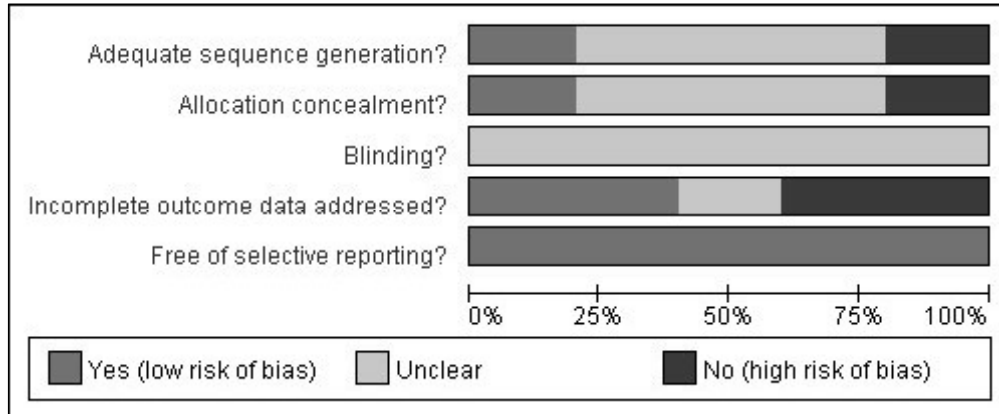
	Adequate sequence generation?	Allocation concealment?	Blinding?	Incomplete outcome data addressed?	Free of selective reporting?
Danzer 1990-RCT	?	?	?	+	+
Houston 1998-nonRCT	●	?	?	?	+

Light therapy



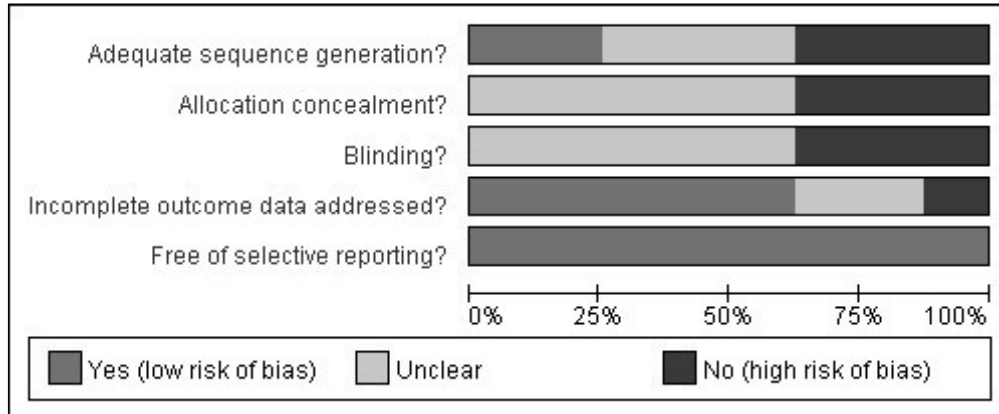
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Leppamaki 2002-RCT	+	?	?	+	+
Leppamaki 2004-RCT	+	?	?	+	+
Lingjaerde 1998-RCT	?	?	?	+	+

Message



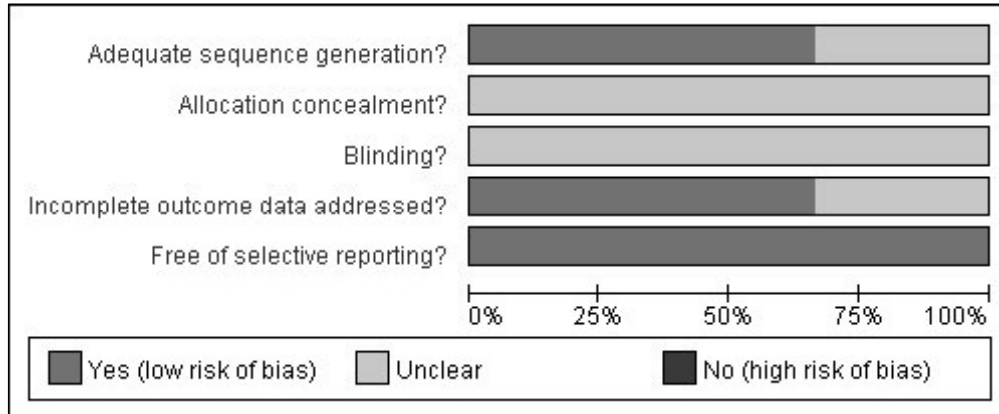
	Adequate sequence generation?	Allocation concealment?	Blinding?	Incomplete outcome data addressed?	Free of selective reporting?
Field 2004-RCT	?	?	?	-	+
Field 2008-RCT	?	?	?	-	+
Imura 2006-nonRCT	-	-	?	?	+
Manber 2004-RCT	?	?	?	+	+
Sharpe 2007-RCT	+	+	?	+	+

Meditation



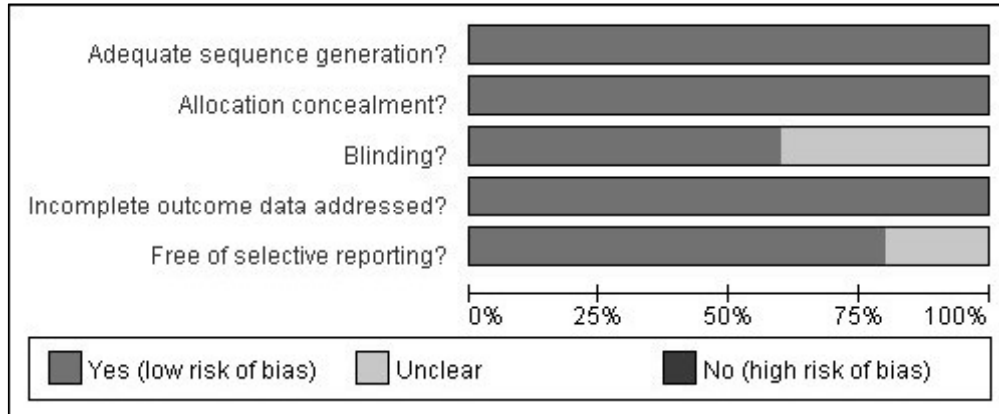
	Adequate sequence generation?	Allocation concealment?	Blinding?	Incomplete outcome data addressed?	Free of selective reporting?
Chambers 2008-nonRCT	+	+	+	?	+
DeBerry 1982-RCT	?	?	?	+	+
Deberry 1989-RCT	?	?	?	+	+
Huffziger 2009-RCT	+	?	?	?	+
Kang 2009-RCT	+	?	?	+	+
Lee 1999-nonRCT	+	+	+	+	+
Smith 2008-nonRCT	+	+	+	+	+
Tloczynski 1998-RCT	?	?	?	+	+

Music



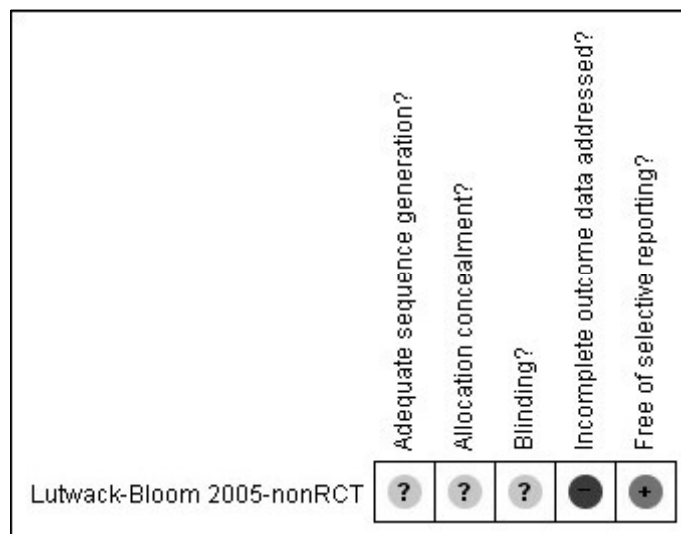
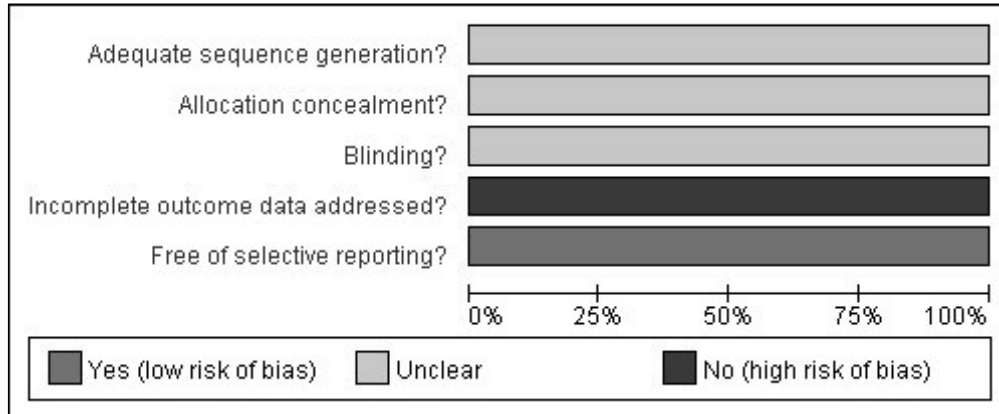
	Adequate sequence generation?	Allocation concealment?	Blinding?	Incomplete outcome data addressed?	Free of selective reporting?
Chan 2009-RCT	+	?	?	+	+
Hanser 1994-RCT	?	?	?	+	+
Harmat 2008-RCT	+	?	?	?	+

Omega-3

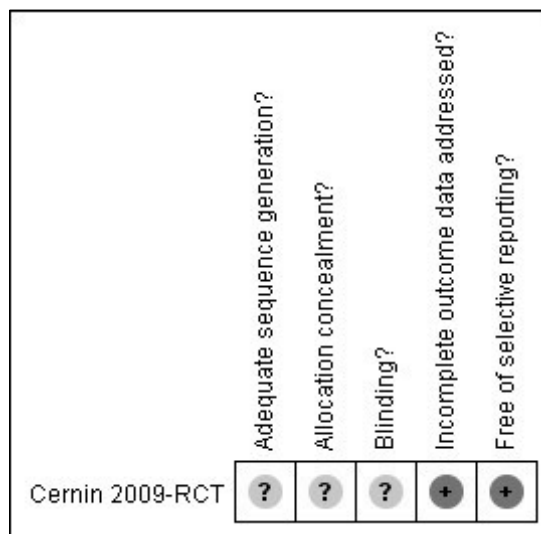
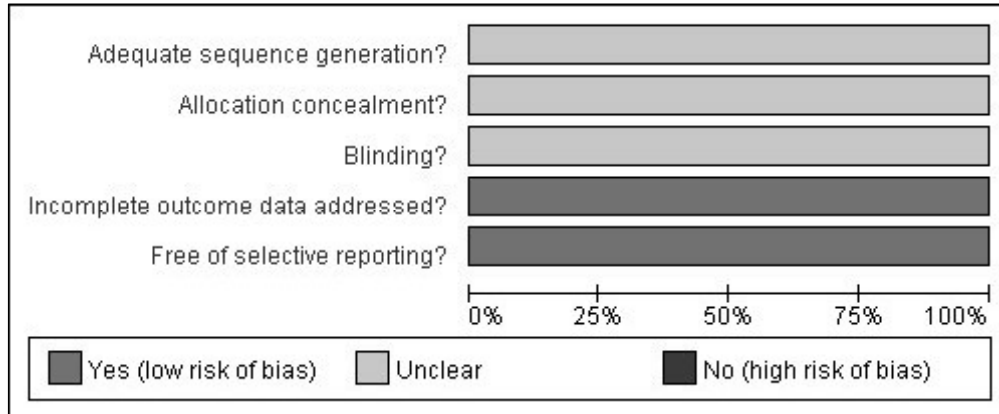


	Adequate sequence generation?	Allocation concealment?	Blinding?	Incomplete outcome data addressed?	Free of selective reporting?
Fontani 2005-RCT	+	+	?	+	+
Llorente 2003-RCT	+	+	?	+	+
Rees 2008-RCT	+	+	+	+	+
Silvers 2005-RCT	+	+	+	+	?
Van de Rest 2008-RCT	+	+	+	+	+

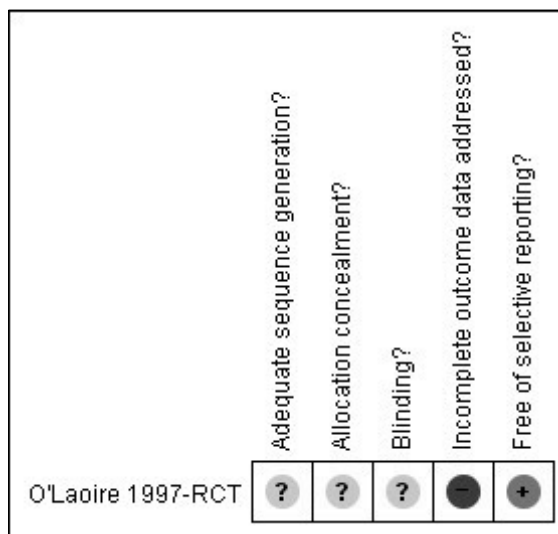
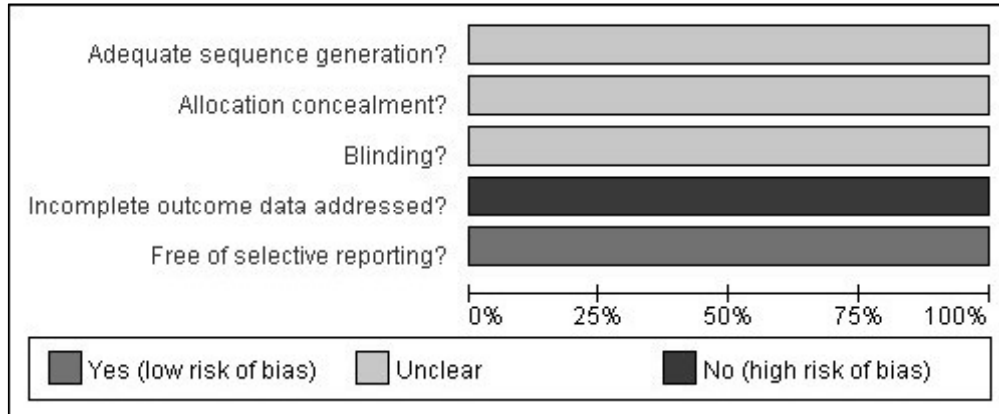
Pets



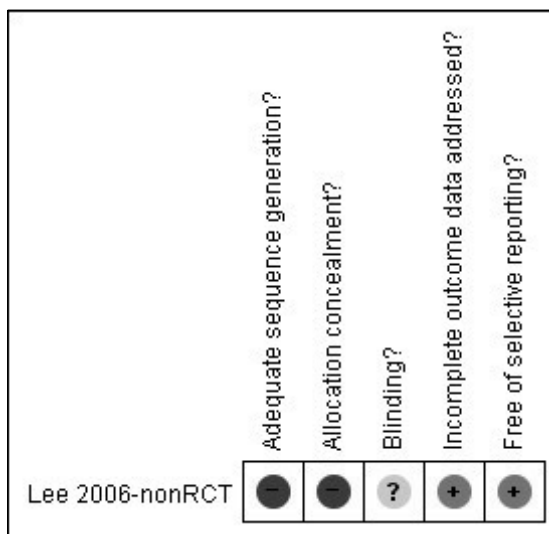
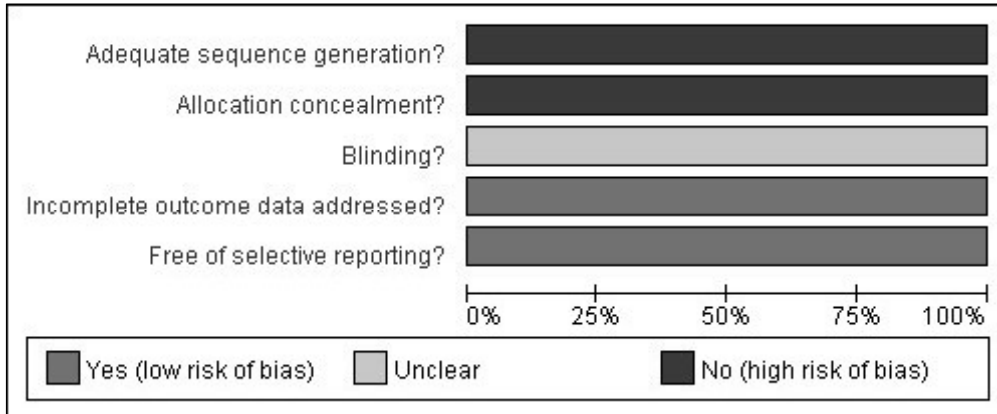
Pleasant activities



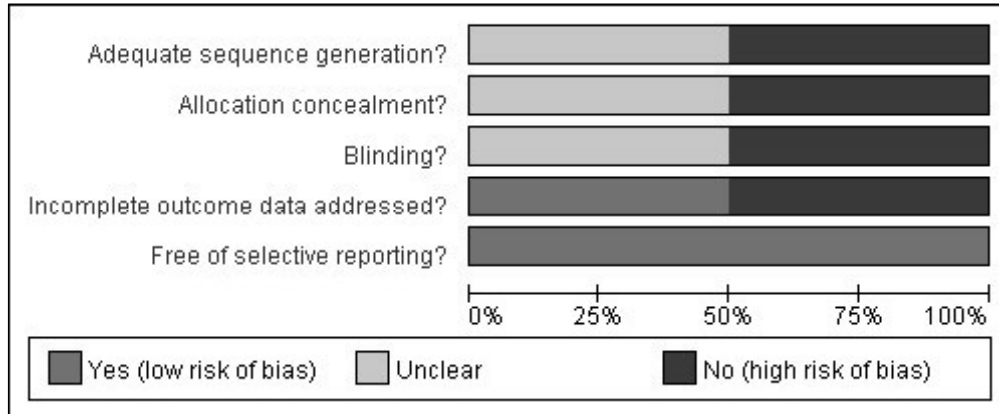
Prayer



Qigong

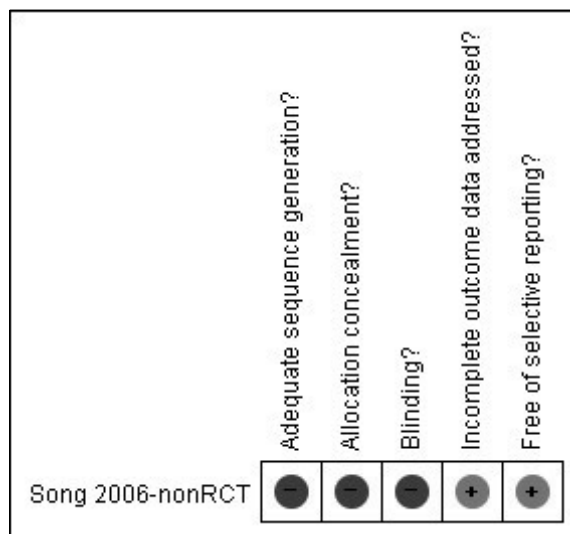
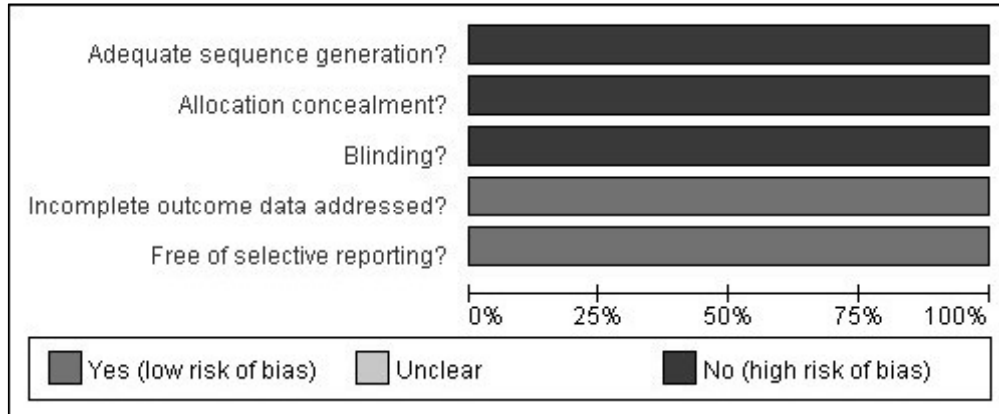


Recreation

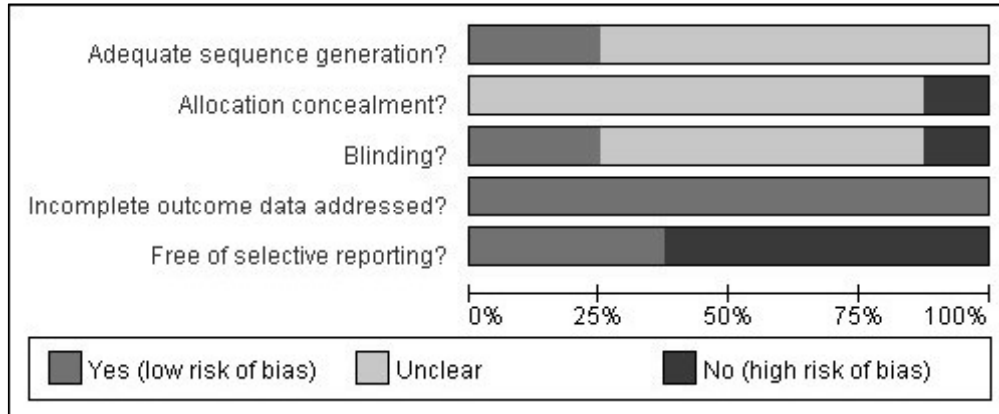


	Adequate sequence generation?	Allocation concealment?	Blinding?	Incomplete outcome data addressed?	Free of selective reporting?
Plati 2006-nonRCT	-	-	-	-	+
Rosen 1997-RCT	?	?	?	+	+

Reflexology

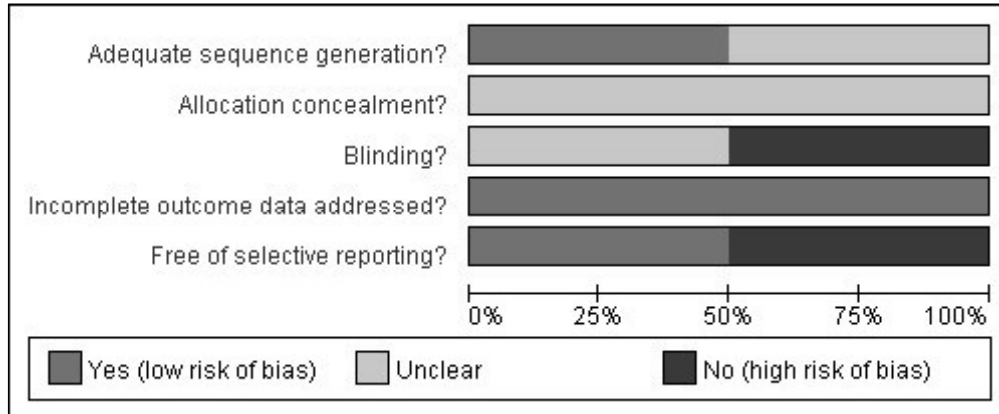


Relaxation



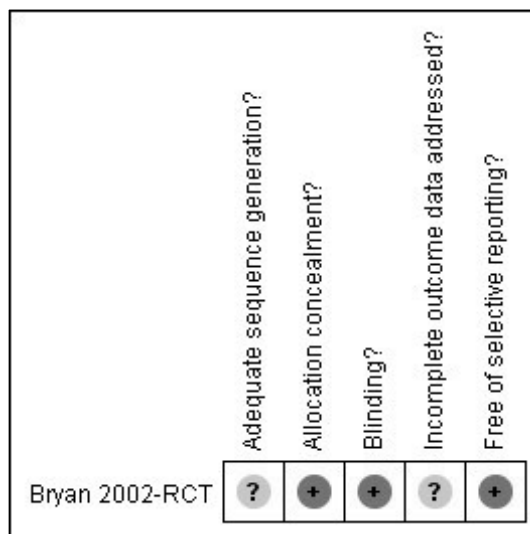
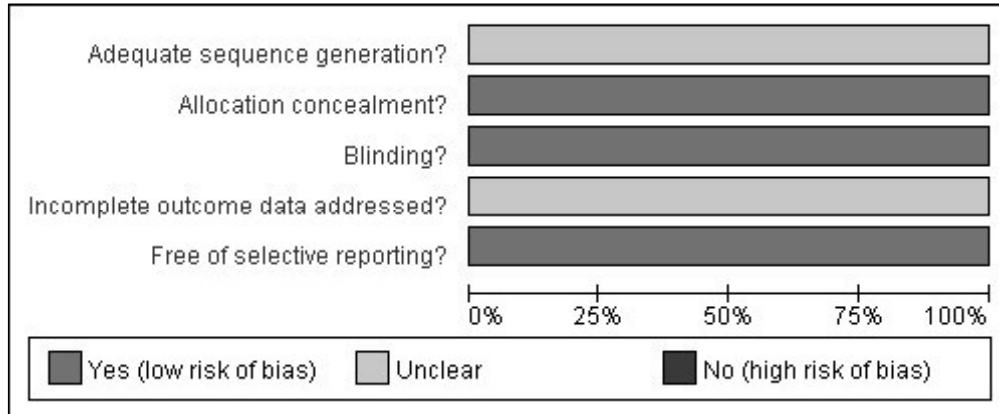
	Adequate sequence generation?	Allocation concealment?	Blinding?	Incomplete outcome data addressed?	Free of selective reporting?
DeBerry 1982-RCT	?	?	?	+	-
DeBerry 1989-RCT	?	?	?	+	-
Field 2004-RCT	?	?	?	+	-
Krogh 2009-RCT	+	?	+	+	+
Murphy 1995-RCT	?	-	-	+	+
Rees 1993-RCT	?	?	?	+	-
Rees 1995-RCT	?	?	?	+	+
Tloczynski 1998-RCT	+	?	+	+	-

Taichi

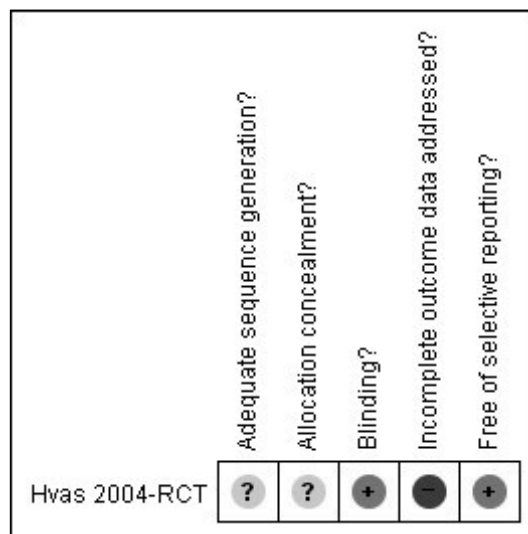
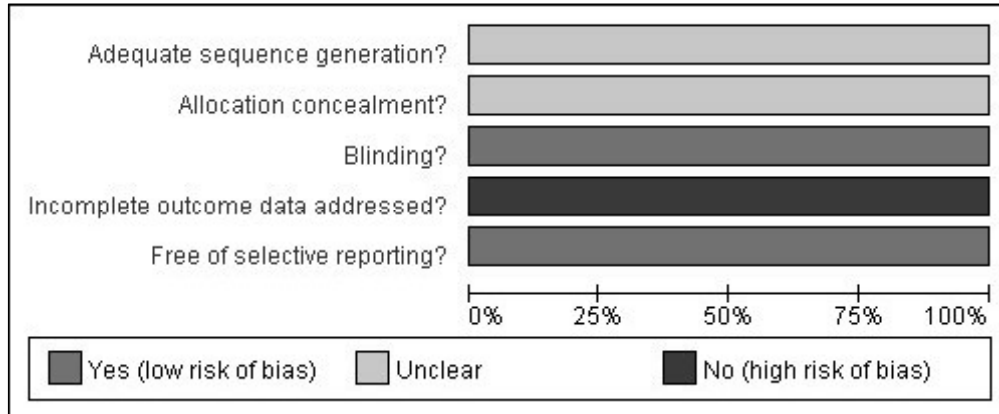


	Adequate sequence generation?	Allocation concealment?	Blinding?	Incomplete outcome data addressed?	Free of selective reporting?
Chou 2004-RCT	?	?	?	+	-
Irwin 2007-RCT	+	?	-	+	+

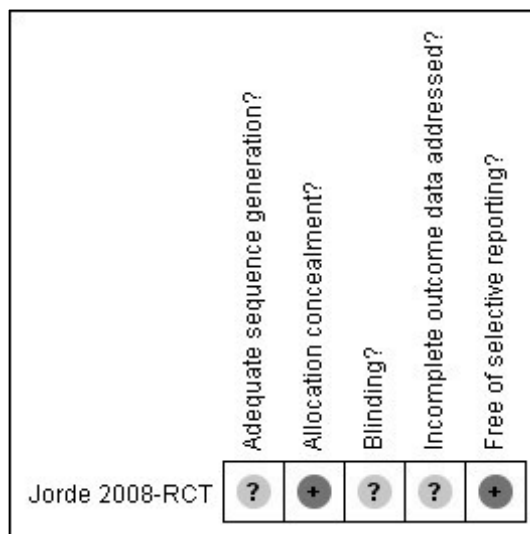
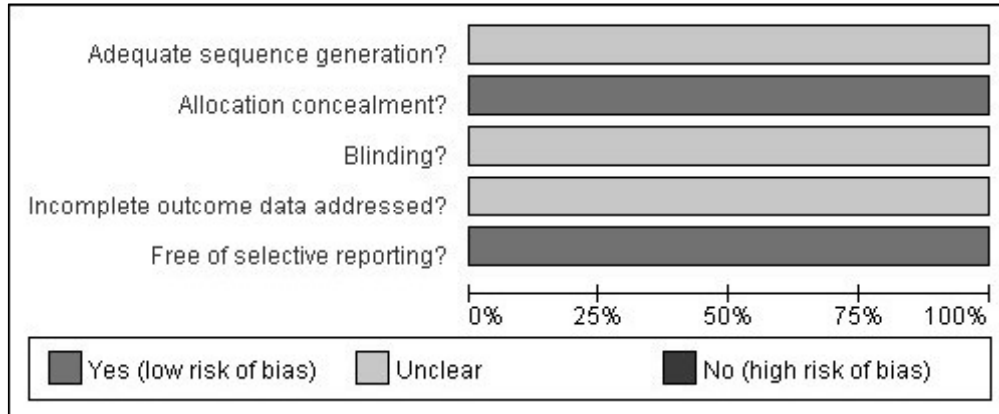
Vitamin B6



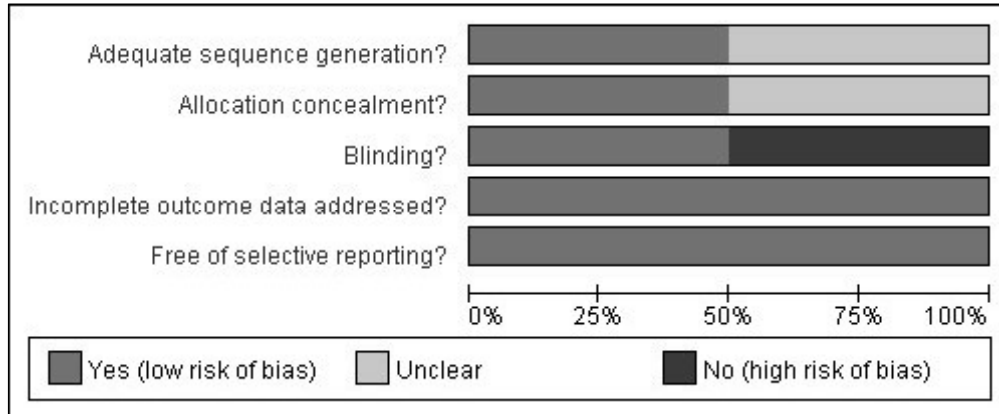
Vitamin B12



Vitamin D

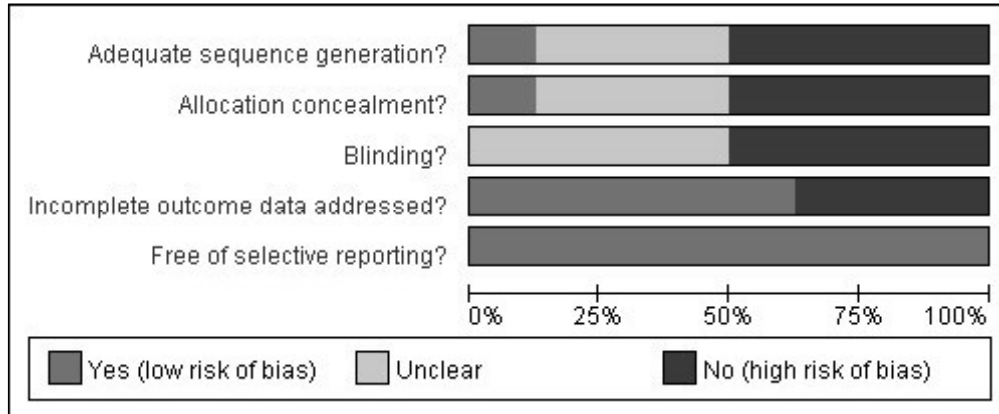


Vitamin (multi)



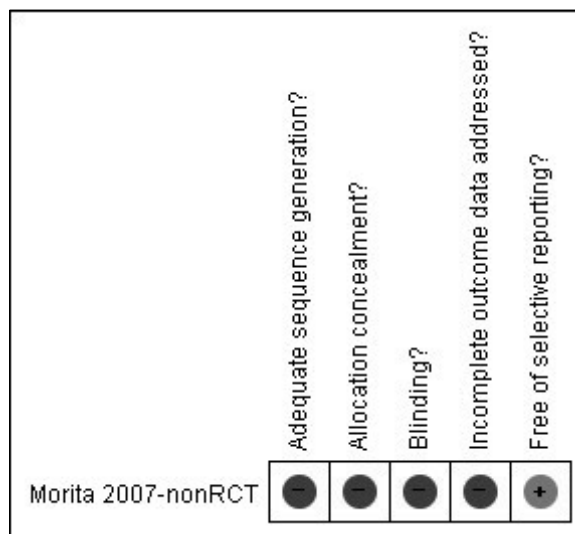
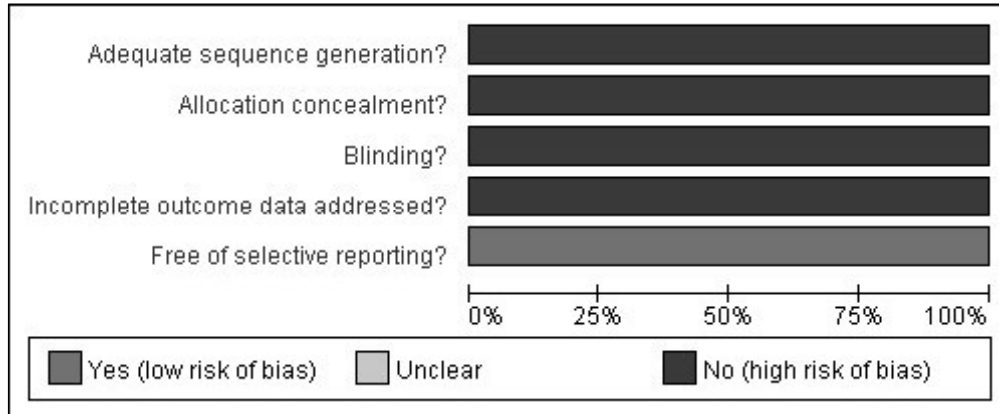
	Adequate sequence generation?	Allocation concealment?	Blinding?	Incomplete outcome data addressed?	Free of selective reporting?
America 2008-RCT	?	?	●	+	+
Ford 2008-RCT	+	+	+	+	+

Yoga



	Adequate sequence generation?	Allocation concealment?	Blinding?	Incomplete outcome data addressed?	Free of selective reporting?
Berger 1992-nonRCT	●	●	●	+	+
Butler 2008-RCT	?	?	?	+	+
Javnbakht 2009-RCT	?	?	?	+	+
Kjellgren 2007-nonRCT	●	●	●	●	+
Kozasa 2008-RCT	●	●	●	●	+
Krishnamurthy 2007-nonRCT	+	+	?	+	+
Michalsen 2005-nonRCT	●	●	●	+	+
Woolery 2004-RCT	?	?	?	●	+

Forest-원예치료



8.4. 약어 목록

BDI = Beck Depression Inventory

CES-D = Center for Epidemiology Studies Depression scale

EPDS = Edinburgh Postnatal Depression Scale

GDS = Geriatric Depression Scale

HADS = Hospital Anxiety and Depression Scale

HAM-D = Hamilton Rating Scale for Depression

HDRS = Hamilton Depression Rating Scale

MADRS = Montgomery-Asberg Depression Rating Scale

POMS = Profile of Mood States test

