











CPSTF FINDINGS ON MENTAL HEALTH




The Community Preventive Services Task Force (CPSTF) has released the following findings on what works in public health to improve mental health. These findings are compiled in The Guide to Community Preventive Services (The Community Guide) and listed in the table below. Use the findings to identify intervention strategies you could use for your community.

Legend for CPSTF Findings:  Recommended  Insufficient Evidence  Recommended Against (See detailed description on the next page.)

INTERVENTION	CPSTF FINDING
Collaborative care for the management of depressive disorders	
Mental health benefits legislation	
Targeted school-based cognitive behavioral therapy programs to reduce depression and anxiety symptoms	
Universal school-based cognitive behavioral therapy programs to reduce depression and anxiety symptoms	
INTERVENTIONS TO REDUCE DEPRESSION AMONG OLDER ADULTS	
Clinic-based depression care management	
Community-based exercise interventions	
Home-based depression care management	

UNDERSTANDING THE FINDINGS

CPSTF bases its findings and recommendations on systematic reviews of the scientific literature. With oversight from CPSTF, scientists and subject matter experts from the Centers for Disease Control and Prevention conduct these reviews in collaboration with a wide range of government, academic, policy, and practice-based partners.

Category	Description	Icon
Recommended	There is strong or sufficient evidence that the intervention strategy is effective . This finding is based on the number of studies, how well the studies were designed and carried out, and the consistency and strength of the results.	
Insufficient Evidence	There is not enough evidence to determine whether the intervention strategy is effective. This does not mean the intervention does not work. There is not enough research available or the results are too inconsistent to make a firm conclusion about the intervention strategy's effectiveness. CPSTF encourages those who use interventions with insufficient evidence to evaluate their efforts.	
Recommended Against	There is strong or sufficient evidence that the intervention strategy is harmful or not effective .	

Visit the [Community Guide Methodology](#) page on The Community Guide website for more information about the methods used to conduct the systematic reviews and the criteria CPSTF uses to make findings and recommendations.

For more information, visit the [mental health](#) topic page.

