



Research Article

Approaches to deliver depression care and understanding barriers and facilitators to implementation in people with tuberculosis in LMICs: a systematic review

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Plain language summary

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We wanted to find out how to treat depression in people with tuberculosis living in low- and middle-income countries and how to deliver depression care for this population. Depression, or depressive symptoms, are common in people with tuberculosis. It is possible to treat depression in people with tuberculosis, but we do not know the best way to treat it or to deliver depression care. Tuberculosis is a common condition in low-income and middle-income countries. We explored what was done in these countries to provide depression care for people with tuberculosis. We also explored what facilitated or made difficult the delivery of depression care. We conducted a systematic review study which aimed to find all the published information to answer our question. We searched academic and grey literature to gather as much information as possible from different sources. We identified over 10,000 relevant records related to our question. We selected 10 studies that described how depression care had been delivered to people with tuberculosis living in low- and middle-income countries. We found that psychological treatment is the most common depression treatment offered to people with tuberculosis. We found that mental health training for health-care workers and more health-care human resources were necessary to deliver depression care. We found that the costs associated with delivering depression care made it difficult to include this as part of routine tuberculosis services. We found that people with tuberculosis and health-care workers believed in the beneficial impact of delivering depression care which made it easier to deliver it. We found that what makes it hard or easy to deliver depression care can vary across different treatments or interventions for depression. We found that we need more information on how to best deliver depression care.