

## **Abstract**

**Objective:** To identify effective and safe interventions for childhood depression by reviewing all the randomised controlled trials of pharmacological and psychological intervention in the past 20 years. **Method:** A computerized and hand-searched for articles published during the past 20 years was made, and selected articles are presented. **Results:** Tricyclic antidepressant was not superior to placebo in treatment of childhood depression. Preliminary research support the effectiveness of fluoxetine in both children and adolescents suffered from more severe major depressive disorder. There were a number of controlled trials supporting the efficacy of cognitive behavioural therapy on mild and moderately depressed adolescents, although its usefulness is less proven in children. Interpersonal therapy for adolescents appears to be a promising psychological intervention, although more research is needed to prove its efficacy. **Conclusions:** It appeared that both pharmacological and psychological interventions have a role in the treatment of childhood depression. Future researches to compare the differential efficacy of pharmacotherapy and psychotherapy, both alone and in combination, in acute treatment, maintenance, and prevention of childhood depression are recommended.