



# Effective Health Care Subconscious Restructuring for the Treatment of Depression Nomination Summary Document

## Results of Topic Selection Process & Next Steps

- Subconscious restructuring for the treatment of depression is not feasible for a full systematic review due to the limited data available for a review at this time.

## Topic Description

**Nominator:** Organization

**Nomination Summary:** The nominator questions the comparative effectiveness of cognitive behavioral therapy versus Subconscious Restructuring for the treatment of depression and other mental health disorders. The nominator states that the use of Subconscious Restructuring will eliminate the need to medicate children and significantly reduce the need to medicate adults with behavioral health issues.

**Key Questions from Nominator:**

1. In terms of fixing depression, what is the difference between cognitive behavioral therapy, medication, and Subconscious Restructuring® in terms of measurable documented effectiveness?

## Considerations

- No published literature was identified that addresses the effectiveness or comparative effectiveness of Subconscious Restructuring; therefore, this topic is not feasible for a full systematic review due to the limited data available for a review at this time.