

## Referencias:

- American Psychological Association. (2012). *Resolution on the Recognition of Psychotherapy Effectiveness - Approved August 2012*. Washington, DC: APA.
- American Psychological Association. (2006). Evidence-based practice in psychology. *American Psychologist*, 61, 271–285.
- Baker, C. (2017). Mental health problems: statistics on prevalence and services. House of Commons Library. Briefing paper Number 6988, Jan 18, 2017.
- Bloom, D.E., Cafiero, E.T., Jané-Llopis, E., Abrahams-Gessel, S., Bloom, L.R., Fathima, S. y Weinstein, C. (2011). The global economic burden of non-communicable diseases. Geneva: World Economic Forum.
- Clark D.M., Canvin L., Green, J., Layard, R., Pilling, S., Janecka, M. (2017) Transparency about the outcomes of mental health services (IAPT approach): an analysis of public data. *Lancet*, published online Dec 7.
- Codony, M., Alonso, J., Almansa, J., Vilagut, G., Domingo, A., Pinto-Meza, A. y Haro, J.M. (2007). Utilización de los servicios de salud mental en la población general española. Resultados del estudio ESEMeD-España [Mental health care use in the Spanish general populations. Results of the ESEMeD-Spain study]. *Actas Españolas de Psiquiatría*, 35 (Suppl 2), 21–28.
- Comisión de las Comunidades Europeas (2005): libro verde. Mejorar la salud mental de la población. Hacia una estrategia de la Unión Europea en materia de salud mental. Bruselas. p. 3.
- Cordero-Andrés, P., González-Blanch, C., Umaran-Alfageme, O., Muñoz-Navarro, R., Ruíz-Rodríguez, P., Medrano, L.A., et al. (2017). Tratamiento psicológico de los trastornos emocionales en atención primaria: fundamentos teóricos y empíricos del estudio PsicAP. *Ansiedad y Estrés*, 23, 91-98.
- Cummings, N.A., O'Donohue, W.T., & Ferguson, K.E. (2003). Behavioral health in primary care: Beyond efficacy to effectiveness. *Reno: Context P*.
- Fletcher, J., Bassilios, B., King, K., Kohn, F., Blashki, G., Burgess, P. y Pirkis, J. (2009). Evaluating the access to allied psychological services component of the better outcomes in mental health care program. Fourteenth interim evaluation report: Ongoing gains in improving access to mental health care in Australia. Melbourne: Centre for Health, Policy, Programs and Economics, Melbourne School of Population Health, University of Melbourne.
- Kathol, R.G., McAlpine, D., Kishi, Y., Spies, R., Meller, W., Bernhardt, T. y Gold, W. (2005). General medical and pharmacy claims expenditures in users of behavioral health services. *Journal of General Internal Medicine*, 20, 160–167.
- Kovess-Masfety, V., Alonso, J., Brugha, T., Angermeyer, M., Haro, J., Sevilla-Dedieu, C., y ESEMeD/MHEDEA 2000 Investigators. (2007). Differences in lifetime use of services for mental health problems in six European countries. *Psychiatric Services*, 58, 213–220.
- López, N. y Veiga, C. (2017). Memoria de actividad clínica. Documento del Servicio de Salud del Principado de Asturias.

- LSE. (2006). *The depression report: a new deal for depression and anxiety disorders*. London: LSE.
- Organización Mundial de la Salud y Wonca. (2008). *Integrating mental health into primary care – a global perspective*. Singapore: OMS y Wonca.
- Parés-Badell, O., Barbaglia, G., Jerinic, P., Gustavsson, A., Salvador-Carulla, L. y Alonso, J. (2014). Cost of disorders of the brain in Spain. *PloS One*, 9.
- Radhakrishnan, M., Hammond, G., Jones, P. B., Watson, A., McMillan-Shields, F. y Lafortune, L. (2013). Cost of Improving Access to Psychological Therapies (IAPT) programme: An analysis of cost of session, treatment and recovery in selected Primary Care Trusts in the East of England region. *Behaviour Research and Therapy*, 51, 37–45.
- Schwappach, D. L. B. (2007). Die ökonomische Bedeutung psychischer Erkrankungen und ihrer Versorgung – ein blinder Fleck? *Neuropsychiatrie*, 21, 18–28.
- Ruiz-Rodríguez, P., Cano-Vindel, A., Muñoz-Navarro, R., Medrano, L., Moriana, J.A., Buiza, C. et al. (2017). Impacto económico y carga de los trastornos mentales comunes en España: una revisión sistemática y crítica. *Ansiedad y Estrés*, 23, 118-123.
- Sicras, A., Rejas, J., Navarro, R., Serrat, J., Blanca, M. y Díaz, S. (2007). Costes y patrón de uso de servicios en pacientes que demandan atención por problemas mentales en asistencia primaria. *Gaceta Sanitaria*, 21, 306–313.
- Thornicroft G, Chatterji S, Evans-Lacko S, et al. (2017). Undertreatment of people with major depressive disorder in 21 countries. *Br J Psychiatry*; 210: 119–24.
- Turpin, G., Richards, D., Hope, R., Duffy, R., & Programa IAPT. (2008). Mejorando el acceso a las terapias psicológicas: una iniciativa nacional para asegurar la prestación de terapias de alta calidad basadas en la evidencia. *Papeles del Psicólogo*, 29, 271–280.
- Wahlbeck, K. (2009). Background document for the EU Thematic Conference on Prevention and Suicide. Luxemburgo: Comisión Europea. Retrieved from [http://ec.europa.eu/health/ph\\_determinants/life\\_style/mental/docs/depression\\_background\\_en.pdf](http://ec.europa.eu/health/ph_determinants/life_style/mental/docs/depression_background_en.pdf)
- Wang, P.S., Aguilar-Gaxiola, S., Alonso, J., et al. (2007). Use of mental health services for anxiety, mood, and substance disorders in 17 countries in the WHO world mental health surveys. *Lancet*; 370: 841–50.
- World Health Organization. (2017). Depression and other common mental disorders: Global health estimates. Geneva: World Health Organization. Disponible en: [http://www.who.int/mentalhealth/management/depression/prevalenceglobalhealth\\_estimates/en/](http://www.who.int/mentalhealth/management/depression/prevalenceglobalhealth_estimates/en/)