

## **SAND abstract No. 168 from the BEACH program 2010–11**

### **Subject: Management of major depression**

**Organisation supporting this study:** AstraZeneca Pty Ltd (Australia)

**Issues:** Prevalence of major depression being managed in general practice patients and first, second and third lines of treatment for major depression, duration of and satisfaction with each line of treatment; and whether any changes occurred after third line of treatment

**Sample:** 2,272 patients from 77 GPs; data collection period: 13/07/2010 – 16/08/2010

**Method:** Detailed in the paper entitled *SAND method 2010–11* at:  
<<http://sydney.edu.au/medicine/fmrc/publications/sand-abstracts>>.

### **Summary of results**

Age and sex were known for 2,255 patients and the age and sex distributions were not significantly different from those of patients at all 2009–2010 BEACH encounters.

Of the 2,272 respondents in this sample, 330 patients (14.5%, 95% CI: 12.3–16.7) were currently being managed for major depression. Age was known for 327 of these patients. Patients aged < 15 years had the lowest prevalence with 0.6% and patients aged 45–64 had the highest prevalence with 19.7% (95% CI: 16.2–23.1) currently being managed for major depression. Sex was known for 328 patients with major depression. Females accounted for 71.3% of these patients and major depression was more prevalent among female patients (17.1%, 95% CI: 14.5–19.7) than for male patients (10.6%, 95% CI: 7.6–13.6).

First line treatment was reported for 328 patients: four patients (1.2%) reported the first line treatment as 'None'; 191 patients (58.2%) were managed with counselling by the GP; 256 (78.1%) were managed with medication (selective serotonin reuptake inhibitors, SSRIs, made up 60.4% of these); 77 (23.5%) were managed with a referral (62.8% of which were to a psychologist). Duration of first line treatment was given for 208 patients – average duration was almost 22 months. Of 291 patients for whom satisfaction with first line treatment was recorded, it was satisfactory for 196 (67.4%) and not satisfactory for 95 patients (32.7%).

Of these 95 patients, 88 responded to the question on second line treatment, of which: 14 patients (15.9%) were managed with counselling by the GP; 73 (83.0%) were managed with medication (SSRIs made up 49.3% of these medications); 35 (39.8%) were managed with a referral (71.4% of which were to a psychologist). Duration of second line treatment was given for 65 patients – with an average duration of 10 months. Of 72 patients for whom satisfaction with second line treatment was recorded, it was satisfactory for 45 (62.5%) and not satisfactory for 27 (37.5%).

Of these 27 patients, 26 responded to the question on third line treatment with: eight patients (30.8%) managed with counselling by the GP; 20 (76.9%) managed with medication ('Other antidepressants' ATC code N06AX, accounted for 48.0% of these medications); 15 (57.7%) managed with a referral (68.8% of which were to a psychologist). Duration of third line treatment was indicated for 26 patients – with an average duration of 15 months.

Of the 26 patients on third line treatment, 24 responded to the further change since third line treatment question. A further change since the third line of treatment was reported for only 3 (12.5%) of these patients.

*Correspondence to: Christopher Harrison, FMRC*

## PLEASE READ CAREFULLY

The shaded section of the following forms asks questions about **MAJOR DEPRESSIVE DISORDER**.  
You may tear out this page as a guide to completing the following section of forms.

### INSTRUCTIONS

Please answer the following questions for **ALL** of the **next 30 PATIENTS** in the order in which the patients are seen.

Please **DO NOT** select patients to suit the topic being investigated.

### BOX 1: Criteria for major depression\*

For a duration of at least TWO WEEKS the patient must have depressed mood or loss of interest or pleasure accompanied by at least 4 of the following symptoms:

- significant appetite or weight loss or gain
- insomnia or hypersomnia
- psychomotor agitation or retardation
- fatigue or loss of energy
- feelings of worthlessness or excessive guilt
- impaired thinking or concentration; indecisiveness
- suicidal thoughts/thoughts of death

\*DSM-IV (Diagnostic and Statistical Manual of Mental Disorders, 4th edition)

### Major depression

Please indicate whether this patient is being **currently managed for major depression (see Box 1)**.

If 'no' please **end questions here** for this patient.

### Initial (first line) treatment

Please indicate the **first line treatment** used to manage the **current episode of major depression** at the time of diagnosis.

Please indicate the types of treatments used: **GP counselling, medication(s), referral(s) and other treatments**.

Please specify the **duration** (i.e. the number of months) of first line treatment.

If **no treatment** was given please tick the box labelled '**NONE**' and **end questions** here for this patient.

### Second line treatment

Please indicate if first line **treatment was satisfactory** (i.e. effective and well tolerated) for the **current episode of major depression**.

If 'yes' please **end questions** here for this patient.

If 'no' please indicate the **second line treatment used**. Please specify the **complete second line treatment** used, that is, include treatments that are continuing as well as additions/changes. A **change in line of treatment includes** an addition or removal of: counselling, referral, medication, or other treatment. It does not include dose titration.

Please specify the **duration** (number of months) of second line treatment.

### Third line treatment

Please indicate if second line **treatment was satisfactory** (i.e. effective and well tolerated).

If 'yes' please **end questions** here for this patient.

If 'no' please indicate the **complete third line treatment used**.

Please specify the **duration** (number of months) of third line treatment.

### Change to third line treatment

Please use the tick boxes to advise whether there have been further changes **since third line treatment**.

<p><b>Is this patient currently being managed for major depression*?</b> <i>(see definition on green sheet)</i></p> <p><input type="checkbox"/> Yes <input type="checkbox"/> No → <b>End questions</b></p>	<p><b>Initial (first line) treatment (Rx) for current episode:</b></p> <p><input type="checkbox"/> Counselling by GP      <input type="checkbox"/> Other: _____</p> <p><input type="checkbox"/> Medication <i>please specify name:</i> _____</p> <p>_____</p> <p><input type="checkbox"/> NONE → <b>End Qs</b></p> <p><b>Duration of first line Rx:</b> _____ mths</p> <p><input type="checkbox"/> Referral: _____</p>	<p><b>Was 1st line Rx satisfactory?</b></p> <p><input type="checkbox"/> Yes → <b>End Qs</b>    <input type="checkbox"/> No → <b>Please specify second line Rx:</b></p> <p><input type="checkbox"/> Medication <i>please specify name:</i> _____    <input type="checkbox"/> Counselling by GP</p> <p>_____    <input type="checkbox"/> Other: _____</p> <p>_____</p> <p><b>Duration of second line Rx:</b> _____ mths</p> <p><input type="checkbox"/> Referral: _____</p>	<p><b>Was 2nd line Rx satisfactory?</b></p> <p><input type="checkbox"/> Yes → <b>End Qs</b>    <input type="checkbox"/> No → <b>Please specify third line Rx:</b></p> <p><input type="checkbox"/> Medication <i>please specify name:</i> _____    <input type="checkbox"/> Counselling by GP</p> <p>_____    <input type="checkbox"/> Other: _____</p> <p>_____</p> <p><b>Duration of third line Rx:</b> _____ mths</p> <p><input type="checkbox"/> Referral: _____</p>	<p><b>Has Rx changed since third line Rx?</b></p> <p><input type="checkbox"/> Yes <input type="checkbox"/> No</p>
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