

Innovative Adaptation and Dissemination of AHRQ Comparative Effectiveness Research Products

Translation of Comparative Effectiveness of Depression Medications Into Practice

Purpose/Description

Routinely, patients with depression do not have accessible information about the pros and cons of antidepressants, do not participate in choosing the medicine they will take, do not take their antidepressant, and enjoy less than maximum benefit from this treatment. In this study, a multidisciplinary team adapted the available summary of evidence about antidepressants produced by AHRQ for use as a decision aid for patients and clinicians to use during clinical encounters.

Project Aims

The main aims of this study are to:

- 1) Develop a literacy-sensitive depression treatment decision aid, Depression Choice, for use during primary care.
- 2) Obtain a preliminary estimate, in a cluster-randomized trial enrolling primary care practices serving depressed patients with low health literacy, of the efficacy of Depression Choice vs. usual care in improving measures of patient knowledge, patient involvement in decision-making and decision making quality, and 6-month measures of medication adherence and mental health.

Findings

The use of the Depression Medication Choice during the encounter, compared to usual depression care, significantly improved patient decision making quality (i.e. knowledge, comfort with decision, and involvement in the decision-making process), and satisfaction. Moreover, 51% of patients who used the Depression Medication Choice with their clinician achieve a 50% or greater improvement in their mood outcomes, compared to 32% in the usual care arm. Clinicians who used the decision aid were more satisfied of the way the information was shared and more comfortable with the decision taken.

Study Population

Adult Patients

Health Condition Addressed

Mental Health

Depression

Dissemination Tool and/or

Method Decision Aid

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Institution/Partner:

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Project Period:

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Publication

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