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Interventions on psychosocial difficulties in depressive disorders

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BACKGROUND

Depression is a major public health issue due to its high mortality rates, suicide risk, and economic impact on the society [2]. The burden of depression is enormous and affects multiple sides of individual's life. One substantial dimension of depression encompasses the psychosocial difficulties (PSDs) people experience in their everyday life. A recent comprehensive approach provides a new definition of PSDs, based on WHO's International Classification of Functioning, Disability and Health (ICF). It states that PSDs are "...impairments of mental functions, activity limitations and participation restrictions that include both the individual's mental capacities and his or her social interactions (such as in work, family life and leisure activities)" [2]. Moreover, impairments of body functions under central nervous system control such as pain and sexual interest problems are also included as PSDs.

There are various methods of managing depression – from basic psychosocial support and antidepressant medication (TCAs, SSRIs) to psychotherapy (e.g. cognitive behavior therapy, interpersonal psychotherapy) and alternative non-conventional therapies, such as yoga, sleep deprivation, etc. Interventional studies so far, however, have focused mainly on symptoms as the main outcome measure of efficacy of the available treatments for depressive disorders. Functional limitations beyond depressive symptoms have been, however, somehow neglected in interventional studies, so that evidence of the efficacy of interventions on them is insufficient [3]. Moreover, patient and expert perspectives on the relevant PSDs covered by the available interventions in depression are scarce. Therefore, identification of all relevant areas for the wide range of interventions is needed for future improving of the measurement process and providing a more comprehensive picture on the interventions' efficacy.

The overall objective of the project is to provide research recommendations for improving the measurement of efficacy of interventions for depressive disorders. Qualitative **Online Systematic** Metaresearch Literature Analysis expert with review survey patients 1. The aim of the systematic review is 3. The aim of the online expert survey 4. The aim of the qualitative study to reveal the way efficacy of 2. The aim of the meta-analysis is to is to get the perspective of clinicians is to get the perspective of the persons interventions is measured in recent examine the effects of working with persons with depression living with depression on the psychotherapy, pharmacotherapy on the most commonly used literature by identifying all the PSDs treatments they receive, the addressed as outcome measures of and alternative interventions on interventions and the psychosocial preferences they have and the PSDs functioning and quality of life. difficulties targeted and that they think are improved by the efficacy of psychotherapeutic, improved by these treatments. specific intervention they receive. pharmacological and alternative of individuals with depression treatments for depression. **247 ARTICLES INCLUDED** Design of the electronic questionnaire. 27 questionnaires used as outcome January 2015 Additional records identified Records identified through Start of the dissemination phase: March measure through manual search database searching (n = 2638) 65 PSDs covered by the instruments 2015 75% of the PSDs identified represent symptomatology Compared to ICF Core Set representing Records after duplicates removed (n = 2234)the most relevant PSDs in depression, the following psychosocial difficulties Interventions for PSDs in Depression are not covered: personality features This survey is for identifying psychosocial difficulties (PSDs) addressed by different interventions for treating persons with depression. such as extraversion, agreeableness Records excluded Records screened (n = 2234)conscientiousness, activities like watching, listening, reading, speaking, dressing, eating, drinking, acquiring, Dear Participant, Full-text articles excluded Full-text articles assessed solving problems, handling stress, for eligibility (n =435) On behalf of the team of the project 'Interventions on psychosocial difficulties in terminating a keeping job, (n = 550)**Expected start - Summer of 2015** depression', I would like to thank you for taking part in this worldwide online expert survey community religion and including psychiatrists, psychotherapists, social workers, nurses and physicians amongst political spirituality, and Studies included in citizenship, motivation, regulation of The questionnaire will take no more than 5 min. All your answers will be kept anonymous! qualitative synthesis thought, emotion, control (n = 115)

7% 5% 18% Specfic Energy Sleep f Body f Interpe recrea Genera Major

Psychotherapy

organization

management.

In conclusion:

more accurate results.

Global mental functions Specfic mental functions Energy and drive functio Sleep functions Body functions Interpersonal relationsh recreation and leisure ac General tasks and dema Major life areas Others Global mental functions Specfic Energy ac Sleep functions Interpersonal relationsh General tasks and dema Major life areas Others

consider broadening the measurement

criteria of efficacy of interventions for

Ready for submission: May 2015

planning,

Researchers should

Pharmacotherapy

Global mental functions
 Specfic mental functions
 Energy and drive functions
 Sleep functions
 Body functions
 Interpersonal relationships
 recreation and leisure activities
 General tasks and demands
 Major life areas

Fig.1 10 main groups of PSDs used as outcome measures of efficacy in psychotherapies and pharmacotherapies.

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FINAL PUBLICATION AND RELEVANCE OF THE PROJECT

1.Choose the type of intervention(s) you usually use in your daily practice

information about you and your professional background.

At the end of the survey we will ask you to briefly enter some basic demographic

Chairman of the Department of Psychiatry at the Autonomous University of Madrid

Director of the WHO Collaborating Centre for Mental Health Services Research and Training

with depression.

Yours sincerely,

Studies included in

quantitative synthesis

(meta-analysis)

Ready for submission June-July 2015

2.List the psychosocial difficulties that this intervention(s) aims to improve in individuals

The final objective of the project will be implemented through a final publication, comparing the expert and patient perspective to the findings from literature, thus identifying all relevant PSDs for the addressed interventions on one hand, and the gaps in the efficacy measurement process in research, on other. The main implication of the study is that researchers will have elaborate information, sufficient to change the way they assess efficacy in interventional studies. Many well recognized interventions may appear to be overestimated considering the fact that the evidence on their efficacy has been based only on reduction of symptoms so far and more pressing issues have been unconsidered. Furthermore, the findings will lead to potential changes or inclusion of more instruments for assessment towards more accurate reporting of evidence.

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