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**Measurement-based Scales in
Major Depressive Disorder:
*Implementing Patient-reported Outcome Scales
With the Goal of Improving Treatment Outcomes***

Measurement-based Care (MBC) in the Treatment of Depression

- MBC = the use of standardized scales to measure the outcome of psychiatric treatment¹
- Utilized in the Sequence Treatment Alternatives to Relieve Depression (STAR*D) study²
- Recommended in the American Psychiatric Association's Revised guidelines for the treatment of Major Depressive Disorder³

1. Zimmerman M et al. *Compr Psychiatry*. 2012;53:117-124.

2. Trivedi M et al. *Am J Psychiatry*. 2006, 163:28-40.

3. American Psychiatric Association. Practice guideline for the treatment of patients with major depressive disorder. 3rd ed. Arlington, VA: American Psychiatric Association; 2010.

Measuring Outcome: Not the Standard of Care in the Treatment of Depression

- Survey of 314 US psychiatrists:
 - 6.5% use scales almost all the time
 - 11.4% use scales frequently
 - 21.2% sometimes use scales
 - 60.8% rarely or never use scales
- Survey of 340 UK psychiatrists:
 - 11.2% use scales routinely
 - 30.5% use scales occasionally
 - 58.2% never use scales

UK, United Kingdom; US, United States.

1. Zimmerman M, McGlinchey JB. *J Clin Psychiatry*. 2008;69:1916-1919.
2. Gilbody S et al. *Br J Psychiatry*. 2002;180:101-103.

Measurement-based Care (MBC) in the Treatment of Depression

- Components of MBC may include¹:
 - Antidepressant dosage
 - Depressive symptom severity
 - Medication tolerability and safety
 - Adherence to treatment
- Steps of MBC include¹:
 - Screening
 - Antidepressant selection based upon treatment history
 - Assessment-based medication management
 - Ongoing care
- MBC can also be used to²:
 - Monitor disease course and effects of treatment
 - Guide treatment change

1. Morris DW et al. *Curr Psychiatry Rep.* 2011;13:446-458.

2. Yeung AS et al. *Depress Anxiety.* 2012;29:865-873.

Desirable Features of a Self-report Depression Outcome Scale¹

- Brief / acceptable to patients
- Covers all current DSM diagnostic criteria for MDD
- Reliable (internal consistency; test–retest reliability)
- Valid indicator of symptom severity
- Indicator of remission status
- Assesses psychosocial function and quality of life
- Assesses suicidal thoughts
- Sensitive to change
- Easy to score
- Inexpensive

DSM, Diagnostic and Statistical Manual; MDD, major depressive disorder.

1. Zimmerman M et al. *Compr Psychiatry*. 2008;49:131-140.

MBC in Practice: Utilization of Brief and Easily Implementable Patient-reported Outcomes Scales (PROS)

PROS have documented psychometric properties of reliability and validity¹⁻³:

- Clinician-rated symptom scales are longer and may be impractical to use in clinical practice⁴

Examples of PROS include:

- QIDS-SR¹ (Quick Inventory of Depression Symptomatology—Self-Report)
- PHQ-9² (Patient Health Questionnaire-9)
- CUDOS³ (Clinically Useful Depression Outcome Scale) - (Developed by Dr. Mark Zimmerman)

1. Rush AJ et al. *Biol Psychiatry*. 2003;54:573-583;
2. Kroenke K et al. *J Gen Intern Med*. 2001;16:606-613;
3. Zimmerman M et al. *Compr Psychiatry*. 2008;49:131-140.
4. Zimmerman M et al. *Ann Clin Psychiatry*, 2008;20(3):125-129.

Evidence of the Benefit of Measurement-based Care—the Beijing Study¹

- 120 Psychiatric outpatients with MDD
- Patients were randomized to treatment as usual vs MBC
- MBC included measuring outcome and prescribed treatment adjustments based on QIDS scores
- Patients treated with either NaSSA or SSRI antidepressant medication
- Results:
 - Remission rate: 73.8% vs 28.8% ($p < 0.001$)
 - Response rate: 86.9% vs 62.7% ($p = 0.002$)
 - Number of treatment adjustments was greater in MBC condition: 44 vs 23 ($p < 0.001$)

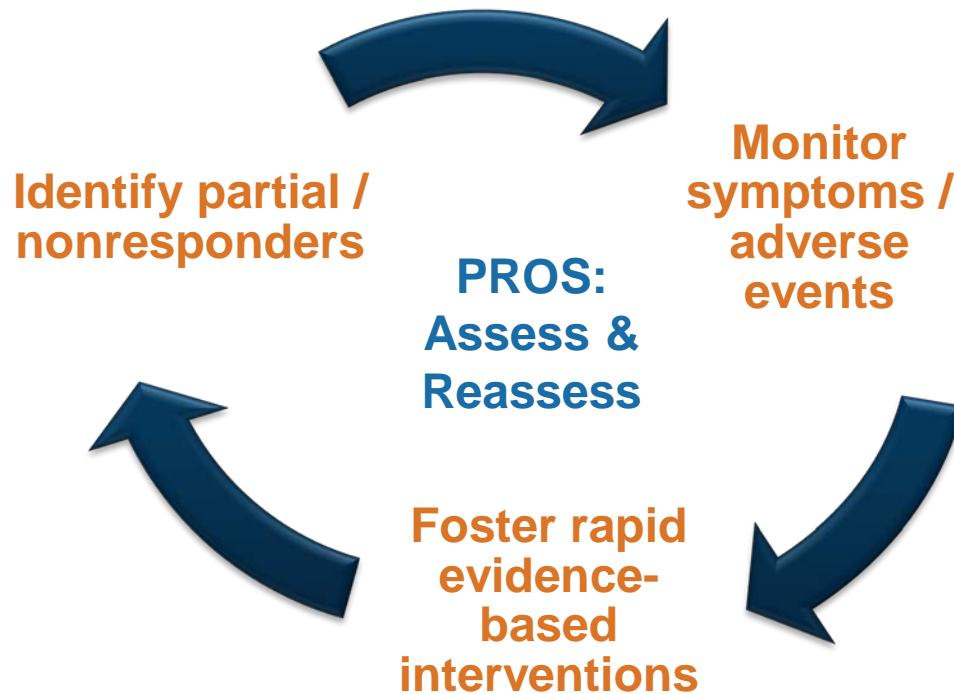
Note: non-US study (China).

MBC, measurement-based care; MDD, major depressive disorder; NaSSA, noradrenergic and specific serotonergic antidepressants; SSRI, selective serotonin reuptake inhibitor; QIDS, Quick Inventory of Depressive Symptomatology; US, United States;

1. Guo T et al. *Am J Psychiatry*. 2015;172(10):1004-1013.

Patient-reported Outcome Scales (PROS)¹

Practical, standardized tools designed to be systematically used for screening and monitoring depression in clinical practice with minimal administrative burden¹



1. Zimmerman M et al. *Compr Psychiatry*. 2008;49:131-140.

Summary

- Depression is the most common diagnosis among patients seen by psychiatrists in the US,¹ and is associated with physical, financial, and educational burdens²
- Patient-reported Outcome Scales (PROS) can help identify unresolved symptoms of depression³ and may improve depression treatment outcomes^{4,5}
- The use of PROS is accepted by patients⁶ and scales are easily accessible

APA. American Psychiatric Association; ACP, American College of Psychiatrists.

1. Duffy FF et al. *Psychiatr Serv.* 2008;59(10):1148-1154; 2 Kessler RC. *Psychiatr Clin North Am.* 2012;35(1):1-14; 3. American Psychiatric Association. *Practice Guideline for the Treatment of Patients With Major Depressive Disorder.* 3rd ed. Arlington, VA: American Psychiatric Association; 2010; 4. Yeung AS et al. *Depress Anxiety.* 2012;29:865-873; 5. Guo T et al. *Am J Psychiatry.* 2015;172(10):1004-1013; 6. Zimmerman M et al. *Ann Clin Psychiatry.* 2008;20(3):125-129.



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