



Effective Health Care

Comparative Effectiveness of Treatment for Major Depressive Disorder

Nomination Summary Document

Results of Topic Selection Process & Next Steps

- The topic, *Comparative Effectiveness of Treatment for Major Depressive Disorder*, will go forward for refinement as a systematic review. The scope of this topic, including populations, interventions, comparators, and outcomes, will be further developed in the refinement phase.
- When key questions have been drafted, they will be posted on the AHRQ Web site and open for public comment. To sign up for notification when this and other Effective Health Care (EHC) Program topics are posted for public comment, please go to <http://effectivehealthcare.ahrq.gov/index.cfm/join-the-email-list/>.

Topic Description

Nominator(s): Health care professional association

Nomination Summary: The nominator is interested in understanding the comparative effectiveness of available treatments for major depressive disorder (MDD) in adults, including special subpopulations.

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Population(s): Adults, defined as 18 years of age or older, diagnosed with MDD; patient subgroups with MDD.

Intervention(s): Pharmacologic, psychotherapy, psychosocial interventions, somatic treatments, alternative treatments, combinations of these, and placebo/sham.

Comparator(s): Pharmacologic, psychotherapy, psychosocial interventions, somatic treatments, alternative treatments, combinations of these, and placebo/sham.

Outcome(s): Improvement in symptoms of depression; reduced suicide risk; improved social and occupational functioning; improved health-related quality of life; improved treatment adherence; reduced side effects from medications

Key Questions from Nominator: For adult patients (including special subpopulations) with MDD what is the comparative effectiveness of available treatments including psychotherapy, other psychosocial treatments, medications, somatic treatments (e.g., electroconvulsive therapy), alternative treatments, and combinations of these?

Considerations

- The topic meets all EHC Program selection criteria. (For more information, see <http://effectivehealthcare.ahrq.gov/index.cfm/submit-a-suggestion-for-research/how-are-research-topics-chosen/>.)
- Major depressive disorder (MDD) has a lifetime prevalence rate of 16% among adults in the US and negatively impacts social functioning and physical health. MDD is associated with reduced adherence to medical treatment, reduced participation in preventive activities, and increased likelihood of being obese, a smoker, and living a sedentary lifestyle.
- Treatment options for adults with MDD comprise psychotherapy and pharmacological agents including selective serotonin reuptake inhibitors (SSRIs), serotonin norepinephrine reuptake inhibitors (SNRIs), bupropion or mirtazapine.
- There are several recently published comparative studies and a significant number of publications that consider various subpopulations (e.g., elderly, individuals with other chronic conditions) with MDD. A comprehensive systematic review of the various treatment options could help patients and providers make more informed treatment decisions.