



Effective Health Care

Persistent Anxiety and Depression

Results of Topic Selection Process

The topic, *Persistent Anxiety and Depression*, focuses on two potentially debilitating psychological conditions that, especially together, may be challenging to manage. The nominator is seeking medical advice about how to manage these conditions. The Effective Health Care (EHC) program is not able to provide personal medical advice, and we encourage the nominator to seek clinical care, and partner with their healthcare providers for the support and management of these conditions.

The scope of the nomination was too broad, and we were unable to focus the topic further for assessment and consideration by the program for a future systematic review. No further activity will be undertaken on this topic.

The EHC program has identified a number of available resources related to depression and anxiety. A 2015 AHRQ research review examined pharmacological and non-pharmacological treatments for Major Depressive Disorder, and includes information for treatment options by subgroup, including anxiety. A 2011 AHRQ research review examined interventions for treatment-resistant depression in adults, and 2011 research review analyzes selective serotonin reuptake inhibitors (SSRIs) for depression. The Substance Abuse and Mental Health Services Administration (SAMHSA) provides helpful tools and information regarding treatments for individuals with a wide range of mental disorders. Concerning the nominator's request for information about acne, the National Institutes of Health have provided a helpful publication with information about causes of medications to treat acne.

- Gartlehner G, Gaynes BN, Amick HR, et al. AHRQ Comparative Effectiveness Reviews. *Nonpharmacological Versus Pharmacological Treatments for Adult Patients With Major Depressive Disorder*. Rockville (MD): Agency for Healthcare Research and Quality (US); 2015.
<https://effectivehealthcare.ahrq.gov/search-for-guides-reviews-and-reports/?pageaction=displayproduct&productID=2155>
- Gaynes BN, Lux LJ, Lloyd SW, et al. AHRQ Comparative Effectiveness Reviews. *Nonpharmacologic Interventions for Treatment-Resistant Depression in Adults*. Rockville (MD): Agency for Healthcare Research and Quality (US); 2011.
<https://effectivehealthcare.ahrq.gov/search-for-guides-reviews-and-reports/?pageaction=displayproduct&productID=792>
- Maglione M, Maher AR, Hu J, et al. AHRQ Comparative Effectiveness Reviews. *Off-Label Use of Atypical Antipsychotics: An Update*. Rockville (MD): Agency for Healthcare Research and Quality (US); 2011.
<https://effectivehealthcare.ahrq.gov/search-for-guides-reviews-and-reports/?pageaction=displayproduct&productID=778>
- SAMHSA. *Treatments for Mental Disorders*. 2015;
<http://www.samhsa.gov/treatment/mental-disorders>. Accessed May 5, 2016.
- NIH. *Questions and Answers about Acne*. 2015;
http://www.niams.nih.gov/Health_Info/Acne/#acne_f. Accessed May 5, 2016.

Nomination

Topic Number: 0671

Received On: 05/04/2016

Topic Name: Persistent Anxiety and Depression

Nominator: Patient

Nomination Summary: The nominator is interested in information regarding treatments for severe anxiety and depression. Additionally, the nominator would like information regarding treatment for acne. The population of interest is adult females. This topic is important because it can be incapacitating for those who present with symptoms, and without treatment, there can be a downward spiral of hopelessness. The nominator hopes that an AHRQ systematic review will identify knowledge gaps and inform research priorities for treatment of anxiety and depression.

Key Questions from Nomination:

No key questions provided.

Original Nomination

Topic Suggestion Description

Date submitted: 05/04/2016

Briefly describe a specific question, or set of related questions, about a health care test or treatment that this program should consider.

I'm 21 years old, I have severe anxiety along with depression. Also had and that never seems to go away just get worse.

Importance

Describe why this topic is important.

I couldn't say how much appreciation I would have if I could try something for my anxiety and depression. I've tried it all from the doctor but nothing works. Along with my acne. I've gotten to the point where I need to reach out to something new [be]cause the everyday meds and emergency meds just don't cut it. Please help! son.

Potential Impact

How will an answer to your research question be used or help inform decisions for you or your group?

I would be able to leave my front door most days without feeling like I'm trapped in my own where [sic.] movie in my head. I could have a bit of confidence in myself someday in hopes. This would help my relationship with my husband and our two year old son.

Technical Experts and Stakeholders

Are there health care-focused, disease-focused, or patient-focused organizations or technical experts that you see as being relevant to this issue? Who do you think we should contact as we consider your nomination? This information will not influence the progress of your suggestion through the selection process, but it may be helpful to those considering your suggestion for further development.

Depression and rested affective disorders association, acne

Nominator Information

Other Information About You: (optional)

Please choose a description that best describes your role or perspective: (you may select more than one category if appropriate)

Patient/Consumer

May we contact you if we have questions about your nomination?

Yes