



# Effective Health Care

## Comparing Settings for the Treatment of Mental Health Disorders

### Nomination Summary Document

#### Results of Topic Selection Process & Next Steps

- Comparing settings for the treatment of mental health disorders is not feasible for a full systematic review due to the limited data available for a review at this time; however, it could potentially be considered for new research projects within the Effective Health Care (EHC) Program.

#### Topic Description

**Nominator:** Individual

**Nomination Summary:** The nominator questions the comparative effectiveness of treatments for mental health disorders received across different settings.

##### **Staff-Generated PICO**

**Population(s):** Adults with (1) depression, (2) anxiety disorder, (3) schizophrenia, or (4) bipolar disorder.

**Intervention(s):** In a given setting, treatment of the specific mental disorders listed above. Treatments could include pharmacologic and nonpharmacologic approaches to care.

**Comparator(s):** In a different setting, treatment of the specific mental disorders listed above. Treatments could include pharmacologic and nonpharmacologic approaches to care. The comparison must be a different setting.

**Outcome(s):** Process outcomes (e.g., patient experience of care, patient satisfaction with care, medication adherence, number of provider visits, hospitalization). Mental health outcomes specific to the mental disorder (e.g., symptom severity, treatment response, remission, functional status, quality of life).

**Setting(s):** Outpatient settings to deliver mental health care services (primary, specialty, integrated, home/community-based).

**Key Questions from Nominator:**

1. Mental health services have been carved out of basic health care and are managed separately. Is this the most effective approach for the patient's care or would it be wise to integrate care?

#### Considerations

- The topic meets EHC Program appropriateness and importance criteria. (For more information, see <http://effectivehealthcare.ahrq.gov/index.cfm/submit-a-suggestion-for-research/how-are-research-topics-chosen/>.)

- There is limited research comparing mental health outcomes for the treatment of mental disorders across settings. A search for literature published since 2000 on this topic identified no randomized controlled trials on this subject. Therefore, the topic is not feasible for a full systematic review due to the limited data available for a review at this time.
  
- The topic of variability of mental health treatment across settings is an important research gap and could potentially be considered for new research within the EHC Program.