


# Combining Patient-Centered Care for Major Depressive Disorder with the Latest Antidepressant Efficacy to Optimize Treatment Plans



## Learning Objectives

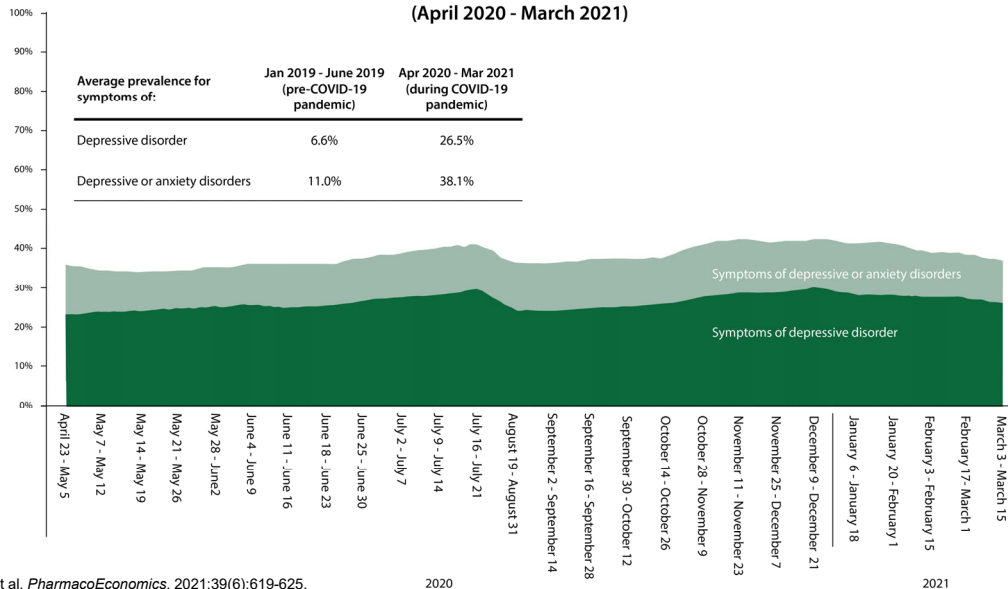
- Incorporate patient preferences, values, and goals when developing a care plan
- Evaluate patients being treated for MDD to identify the presence of residual symptoms, such as cognitive dysfunction
- Assess treatment strategies for a patient with MDD that will maximize their quality of life and functional recovery

## Joint Providersip

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## Prevalence of Major Depressive Disorder Symptoms Has Quadrupled Since COVID-19 Pandemic Began

Percentage of adults with symptoms of depressive or anxiety disorders in the United States  
(April 2020 - March 2021)



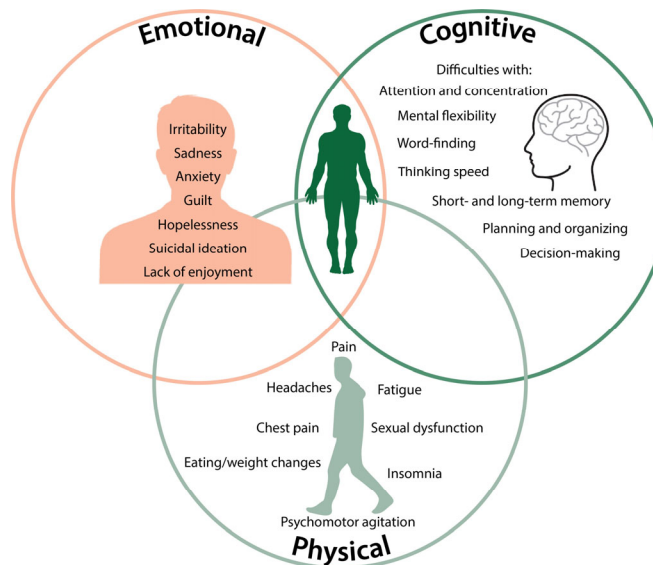
Proudman D, et al. *Pharmacoeconomics*. 2021;39(6):619-625.

2020

2021

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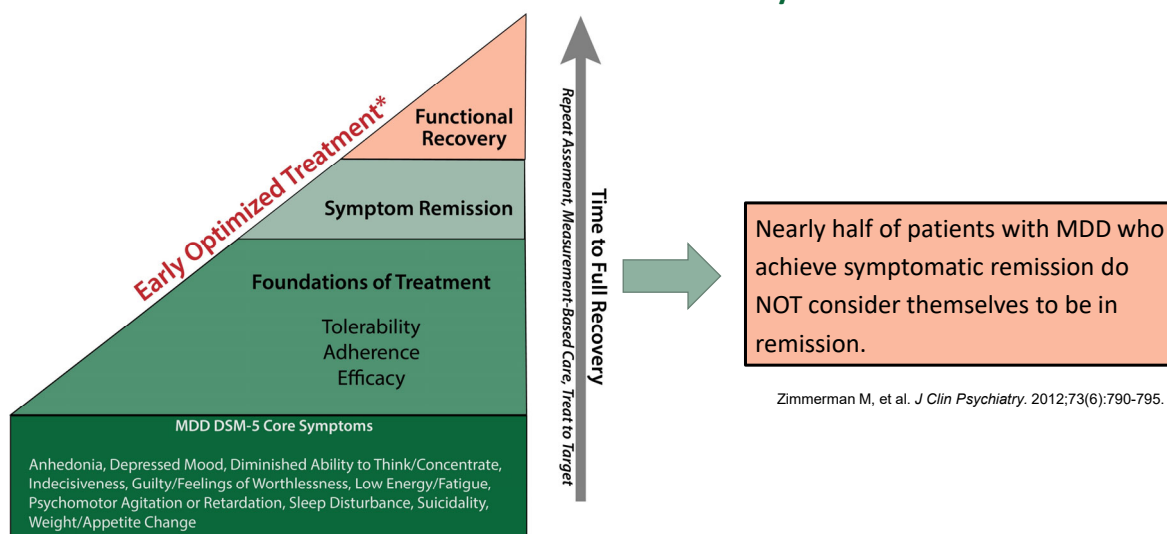
## MDD's Many Facets Can Make it Challenging to Treat



1. American Psychiatric Association. *Diagnostic and Statistical Manual of Mental Health Disorders*. 5<sup>th</sup> ed. Washington, DC: American Psychiatric Association; 2013; 2. Marazziti D et al. *Eur J Pharmacol* 2010;626(1):83-86; 3. Hammar A, Ardal G. *Front Hum Neurosci* 2009;3:26.; 4. Fehnel SE et al. *CNS Spectr* 2013;21:43-52.

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## Early, Optimized Care is Essential to Ensuring More Patients With MDD Achieve Functional Recovery



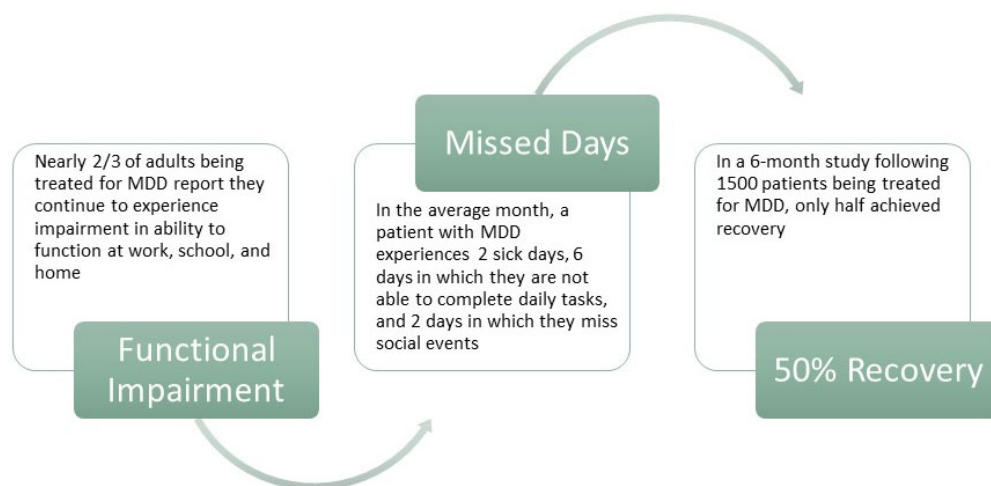
Zimmerman M, et al. *J Clin Psychiatry*. 2012;73(6):790-795.

\*Early diagnosis followed by rapid, optimal treatment

Oluboka OJ, et al. *Int J Neuropsychopharmacol*. 2018;21(2):128-144.

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## Too Few Patients With MDD Achieve Functional Recovery

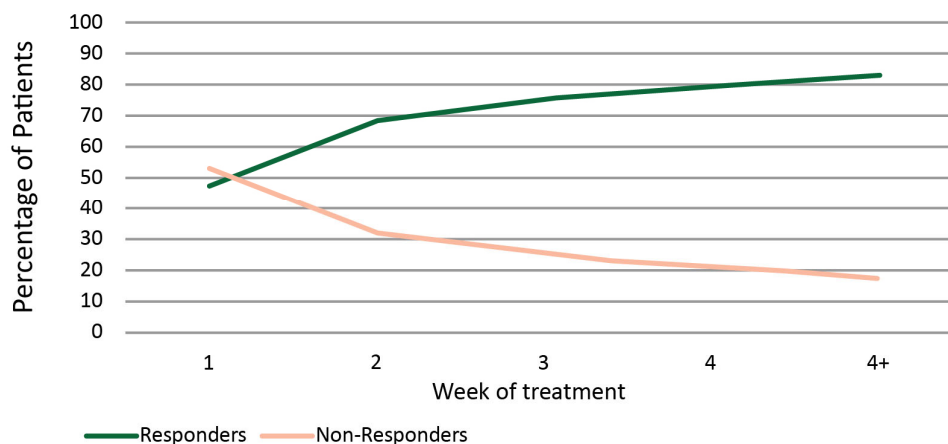


1. Duffy S. Accessed December 5, 2021. <https://www.empr.com/home/news/survey-shows-many-mdd-patients-still-experience-symptoms-at-least-weekly>; 2. Mahableshwarkar AR, et al. *Neuropsychopharmacology*. 2015;40(8):2025-2037; 3. Novick D, et al. *Patient Prefer Adherence*. 2017;11:1859-1868.

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## Patients with MDD treated with mirtazapine

(N=3406)



Response defined as  $\geq 20\%$  reduction in HAM-D-17 total score

Szegedi A, et al. *J Clin Psychiatry*. 2009;70(3):344-353.

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## Using Rating Scales to Assess Improvement in MDD Symptoms

Pick one from each column to administer at every visit

### MDD symptom scales

Patient Health Questionnaire (PHQ)-9

Quick Inventory of Depressive Symptomology (QIDS)

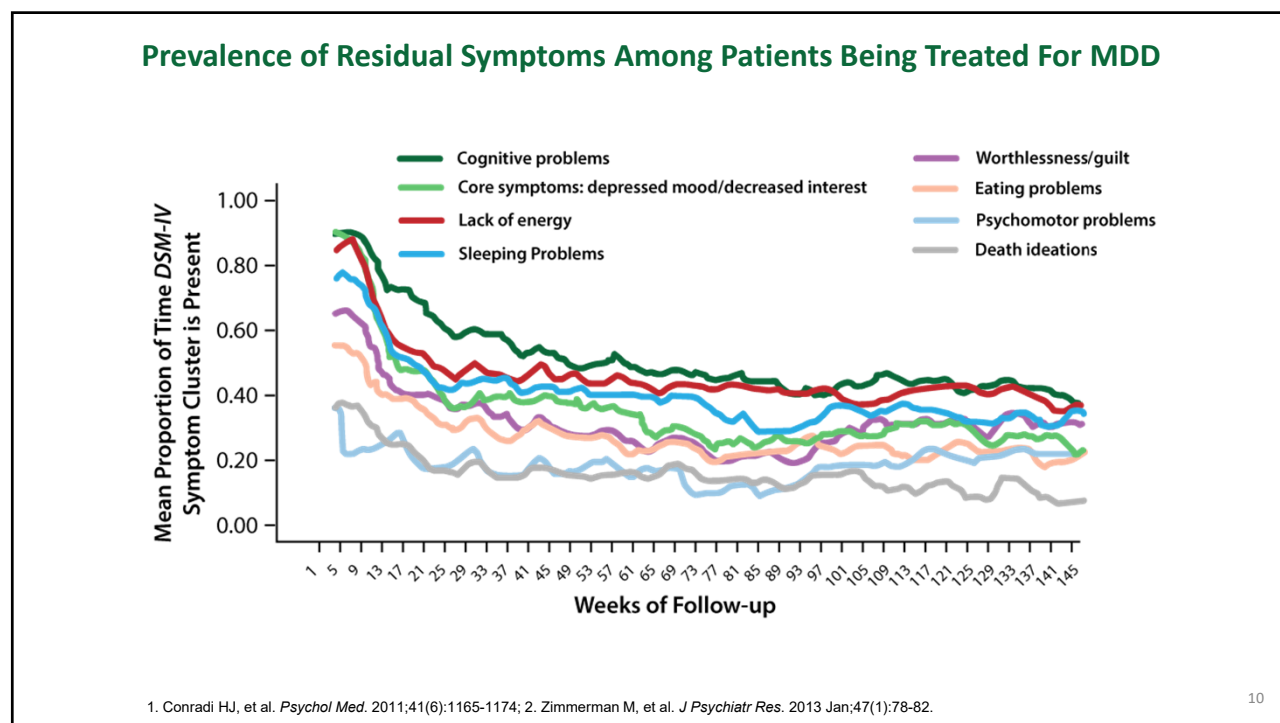
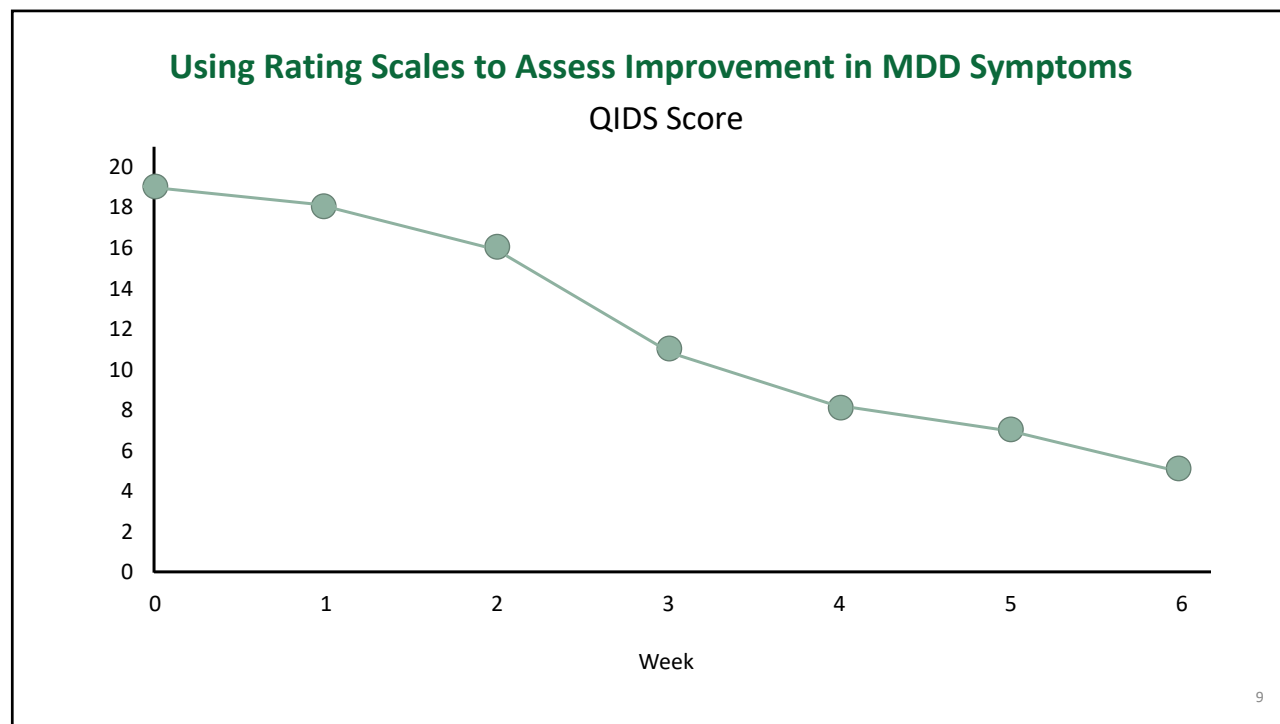
### Wellness and functioning scales

World Health Organization (WHO)-5 Well-Being Index

HERO Wellness Scale

Sheehan Disability Scale

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## Prevalence of Residual Symptoms Among Patients Being Treated For MDD

### Remission From Depression Questionnaire

Depression symptoms

Coping ability

Positive mental health

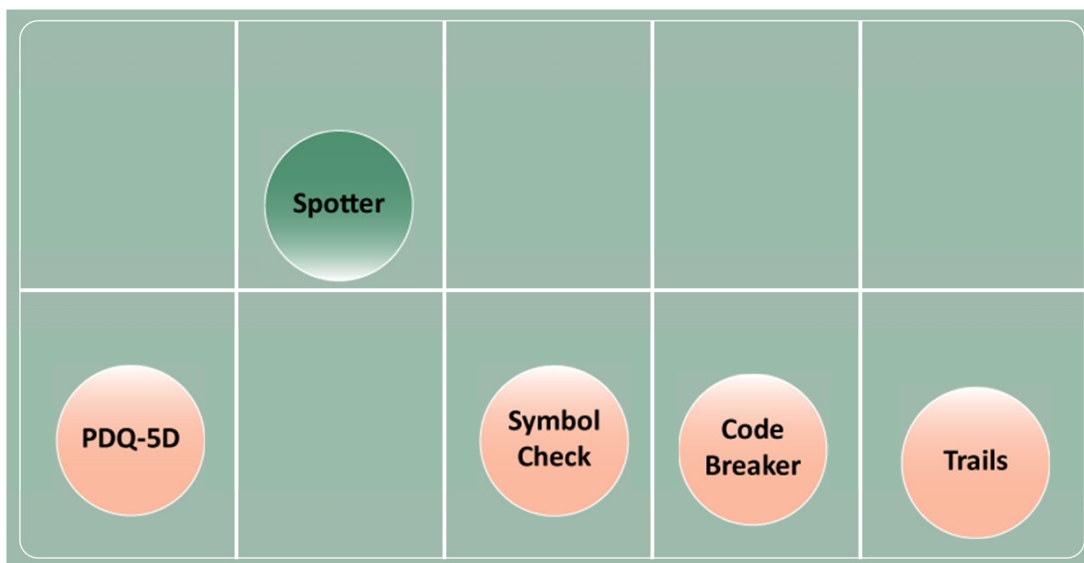
Functioning

Life satisfaction

General sense of well-being

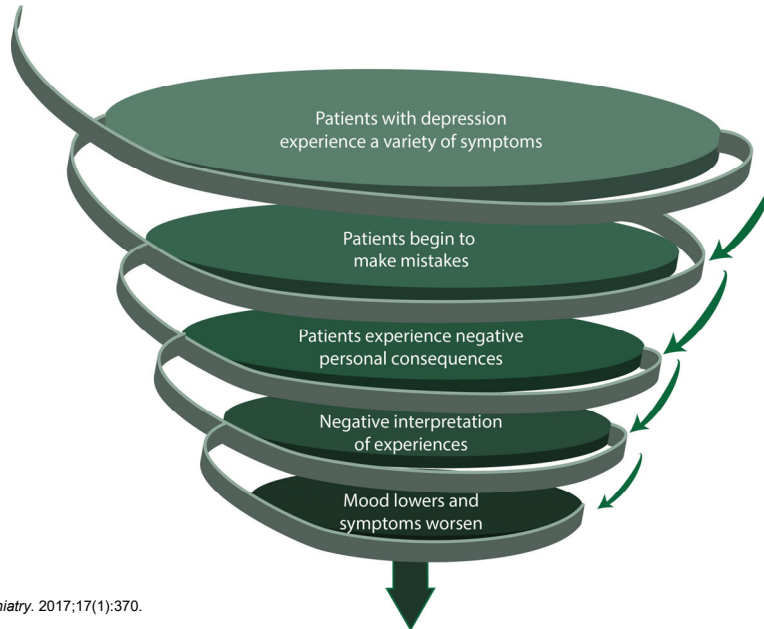
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## Rebecca's Thinc-It Results



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## Cognitive Symptoms Can Exacerbate MDD Symptoms

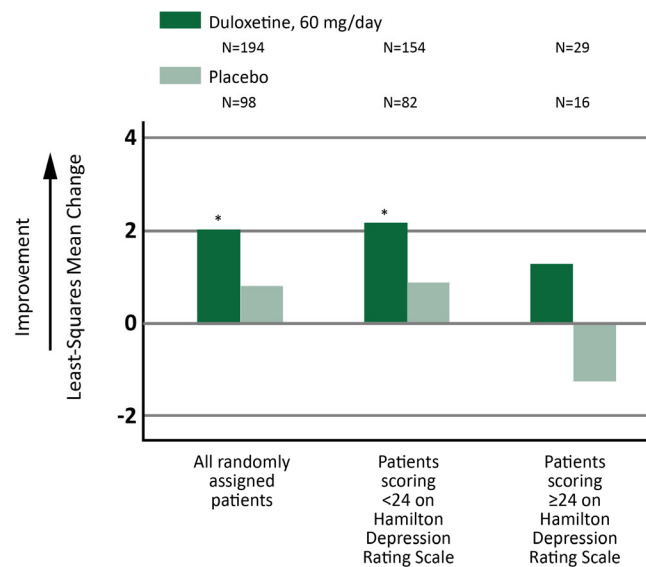


Ebert B, et al. *BMC Psychiatry*. 2017;17(1):370.

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## Duloxetine

### Composite cognitive score

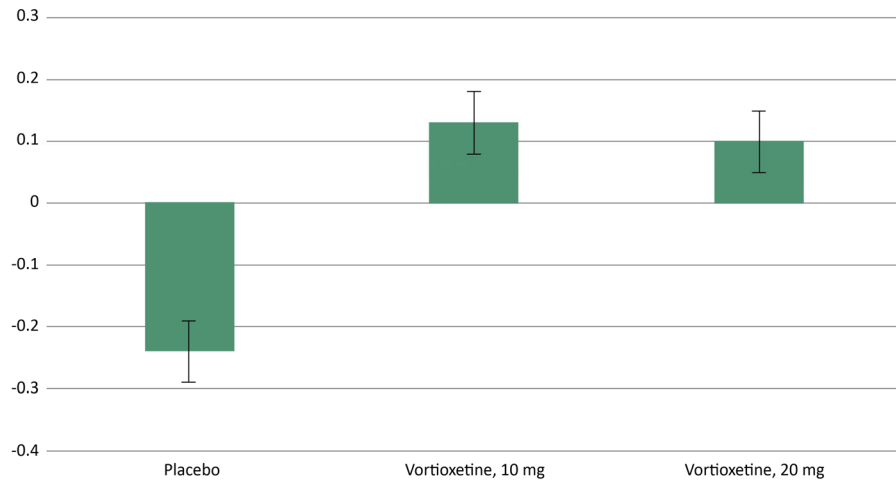


Raskin J, et al. *Am J Psychiatry*. 2007;164(6):900-909. \* $P < 0.05$

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## Vortioxetine

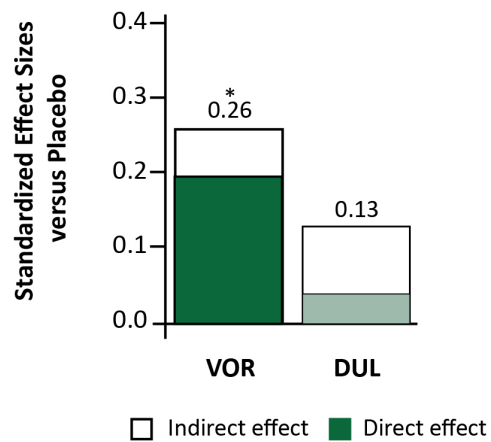
Change from baseline in composite cognitive score



McIntyre RS, et al. *Int J Neuropsychopharmacol.* 2014;17(10):1557-1567

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## Vortioxetine vs. Duloxetine



Path analysis mediated via MADRS total score

\* $P < 0.01$

McIntyre RS, et al. *Int J Neuropsychopharmacol.* 2016;19(10):1-9.

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### Summary: Three Important Points

1. It's important to communicate with patients to understand their treatment goals and preferences; otherwise, the two of you won't know whether you've achieved meaningful recovery.
2. Residual symptoms of MDD are extremely common, and effective management means regularly assessing whether they are present.
3. Treatment should be tailored to address patients' residual symptoms; a number of treatment options are available to target residual symptoms such as cognitive impairment and low energy, which decrease quality of life for patients with MDD.