

Waiting-List Care for Depression

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Learning objectives

You will better understand the issue of long wait times for depression treatment.

You will be familiar with the benefits of mood self-management.

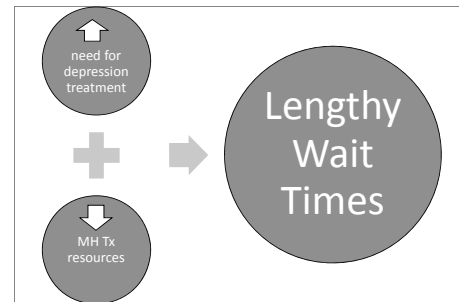
You will be utterly convinced that standard depression care should incorporate self-management into waiting list protocols.

Disclosure

Dan: Nothing, really. I wish deep-pocketed organizations would tempt me with generous funding, but they don't.

Doug: Not accepting new patients, otherwise nothing to disclose.

The Problem



“Mind the Wait?”

2007: Canadian Psychiatric Association joins the Wait Time Alliance (WTA) to improve access to psychiatric care

2014: WTA reports no progress in provincial governments releasing waiting times for psychiatric care

Access to psychiatrists

□ 35% of Canadian family physicians rated access to psychiatry to be poor (vs. 4% for access to internal medicine and 2% for pediatricians)

□ Worse than all other specialists addressed in the survey

□ Efforts to document information about access to and waiting times for psychiatrist services in Canada has been limited by the use of survey methods with low response rates

□ An adult male patient with depression was referred for psychiatric assessment by a family physician. Consecutive calls were made to all registered psychiatrists in Vancouver. 3% of the 230 psychiatrists contacted offered timely appointments, with wait times from 4 to 55 days.

Goldner et al (2011)

Access to MH clinics

Wait time for a MH clinic in one Ontario community:
 Without Coll. Care: 97 days
 With Coll. Care: 42 days

Haggarty, J, Jarva J (2012). Wait-time impact of co-located mental health services.



Access to Psychiatry in Ottawa

No statistics available

Anecdotally, perception amongst family doctors is that access is very poor

Standard belief is that wait time is 6-8 months to see a psychiatrist



Part of the answer:

Deliver a self-management intervention to all individuals awaiting depression treatment

The Intervention

1. Patient given self-management tool
 = workbook or online program
2. Knowledge & skills for coping with mental health problems
3. Based on cognitive behavioural therapy
4. Provider supports use of the self management tool = coach rather than psychotherapist



Antidepressant Skills Workbook

Translations:

- French
- Chinese
- Punjabi

Versions:

- Adolescent
- Workplace
- Chronic Illness

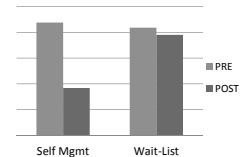
- Free Download of workbook
- Talking Book version
- Print on Demand (\$10)

www.carmha.ca/selfcare/

Effectiveness

- meta-analysis of randomized controlled trials
- compared to placebo or waitlist-control groups
- = **0.43** roughly half the effect size of standard depression treatment

RCT: Depression Score at 4 weeks



Appropriateness

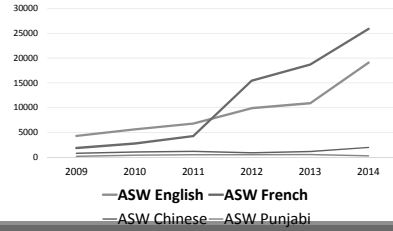
“For patients with mild depression, healthcare professionals should consider recommending a guided self-help programme based on cognitive behavioural therapy (CBT)... Antidepressants are not recommended for the initial treatment of mild depression, because the risk-benefit ratio is poor.”

-National Institute for Clinical Excellence, UK

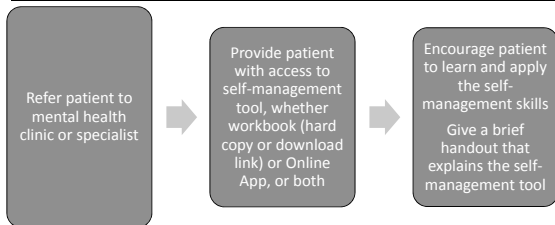
NOTE: Evidence shows equivalent efficacy for severe as mild depression.

Acceptability

Antidepressant Skills Workbook Downloads



Waiting List Intervention Protocol



A handout example

The Antidepressant Skills Workbook...

...with you in a step-by-step way to use the ASW. It explains each of the skills and how you can use them to improve your mood and help you to feel better again. It explains each of the skills and how you can use them to improve your mood and help you to feel better again. It explains each of the skills and how you can use them to improve your mood and help you to feel better again.

The Antidepressant Skills Are:

REACTIVE TO YOUR LIFE
Having depression, you might not do the things that normally give you pleasure. If you stop doing what you used to do, you might feel worse. The workbook shows you how to get your life back on track and how to become active again.

REALISTIC THINKING
Depression often has a negatively distorted way of thinking that can trigger or worsen depression. We call this depressive thinking. Depressive thinking includes overgeneralising and making negative thoughts about yourself and your life. The workbook shows you how to challenge depressive thinking, then gradually replace it with realistic thinking. You will learn to think about yourself in a fair & realistic way.

RECOGNISING PROBLEMS
To prevent you from getting worse, it's important to be able to recognise your problems. You are able to see how bad the problems really are, to come up with different solutions and to plan a solution. The workbook shows you how to tackle problems, working through the steps of effective problem solving, to reach realistic solutions.

RELAXATION
Low mood is associated with feelings of anxiety or physical tension that can worsen and prevent you from thinking clearly. Relaxation helps you to feel better. You can download a free and reliable relaxation training audio file at <http://www.nhs.uk/antidepressant-skills-workbook>.

You can download a free copy of the Antidepressant Skills Workbook at www.nhs.uk/antidepressant-skills-workbook along with an e-book version and other self-help materials.

The Antidepressant Skills Workbook is also available in French, Punjabi and Chinese.

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