

# Surveillance of new cases of depression

A pilot study in a Belgian network of sentinel family practices.

N. Boffin  
T. Declercq  
V. Van Casteren



Unit of  
Epidemiology

Scientific Institute  
of Public Health



# Is registration of new cases depression feasible?

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- Setting
  - Belgian sentinel network of  $\pm$  170 GPs
  - Yearly registration of 6 themes
- Why?
  - High on agenda
  - Practice guideline in development
- Why not?
  - Becoming depressive and diagnosis: proces
  - Diagnostic criteria?

# Objectives registration

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- Incidence 2008 and 2009
- Patient characteristics
  - Symptoms and risk factors
  - Sickness absence
  - Health services use
- Management by GP ( $\approx$  guideline)

# Material and methods of pilot

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- Invitation to all sentinel GPs
- Registration of 5 new cases
  - 3 cases prospective (June-Aug)  
Follow-up (Sept)
  - 2 cases retrospective (March-April)  
Follow-up (Sept)
- Semi-open registration items
- Instruction sheet and questionnaire

# Pilot population (20 Sept.)

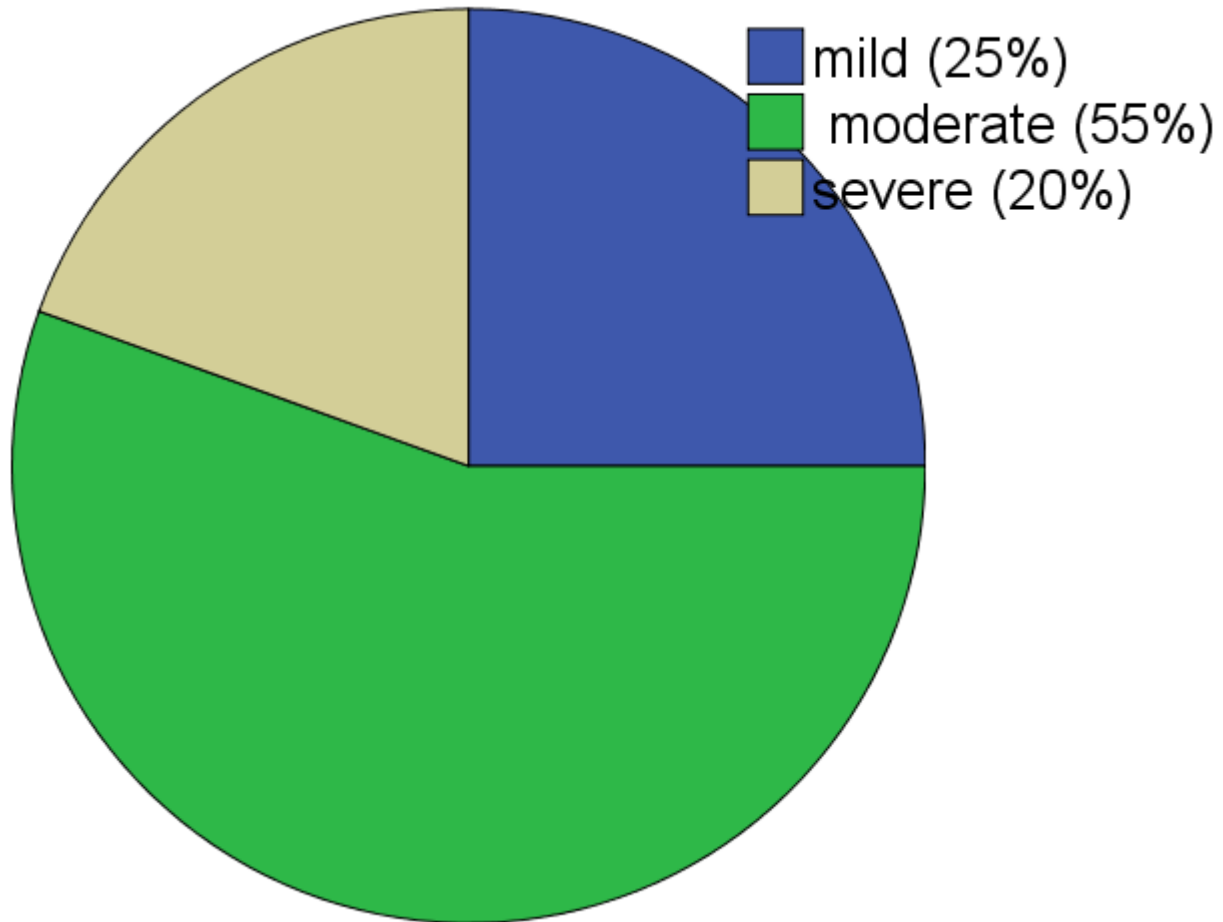
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- 252 new cases < 66 GPs
- 68% women
- Mean age 48 years
- 2 (med) GP contacts in last 3 months

# Diagnosis

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Rome, Oct. 2007. New cases of depression

# DSM-IV symptoms (mean=5,5)



<b>Depressed mood</b>	<b>93%</b>
<b>Loss interest or pleasure</b>	<b>86%</b>
Fatigue or loss of energy	87%
Insomnia or hypersomnia	73%
Poor concentration, indecisiveness	67%
Feelings of self-reproach	56%
Psychomotor agitation or retardation	39%
Weight loss or gain	27%
Recurrent thoughts death/suicide	18%

# Differential diagnosis, risk factors et al



Previous depressive episode	35%
Severe somatic disease	4%
Chronic pain	19%
Overuse alcohol or drugs	15%
Mental disorder	7%
Previous suicide attempt	5%



# Life events



<b>78%</b>	
Partner problems	19%
Family problems	18%
Problems at work	17%
Bereavement	10%
Social & financial problems	6%
Seriously ill	5%
Out of work	3%
Other	9%

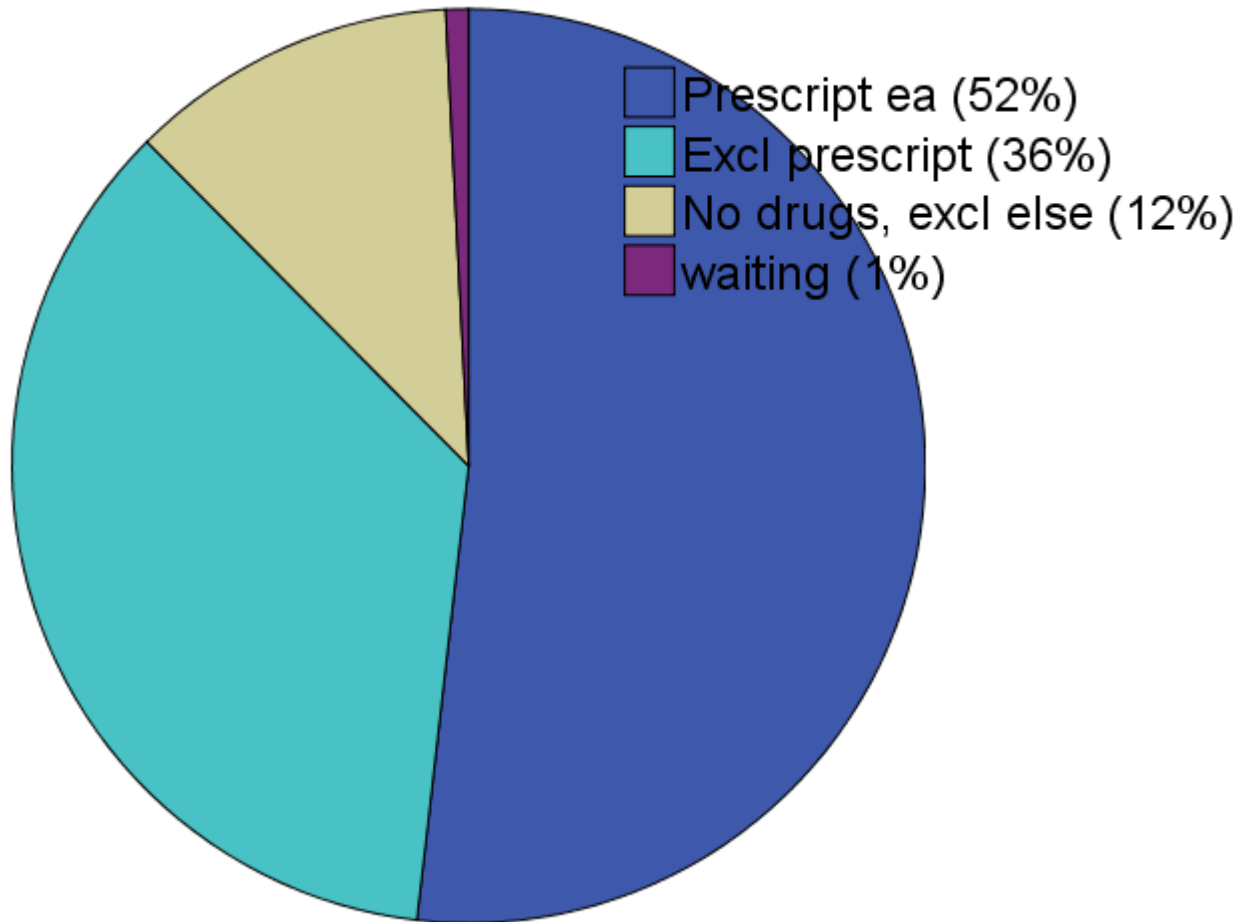
# Management

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Any psychotropic agent	87%
AD (antidepressive agents)	82%
Referral	32%
Non-drug therapy by GP	29%

# Management



Rome, Oct. 2007. New cases of depression



# Follow-up: diagnosis

	8 wks	24 wks
Respons	52%	68%
Personal contact & information	88%	96%
Diagnosis		
Mild depression (25%)	44%	43%
Moderate depression (55%)	33%	25%
Severe depression (20%)	6%	16%
Not depressive anymore	11%	13%
Diagnosis revised	6%	1%

# Severity depression and ...



	<b>+</b>	<b>++</b>	<b>+++</b>
# DSM-symptoms	4,7	5,5	6,3
Feelings of self-reproach	43%	54%	73%
Psychomotor agitation/retardation	19%	40%	63%
Recurrent thoughts death/suicide	5%	12%	51%
Previous suicide attempt	2%	3%	14%
Antidepressants	76%	85%	92%
Referral	22%	28%	53%
Non-drug therapy by GP	43%	24%	24%

# Feasibility

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- Good responses
- Almost no missing values
- Few information inconsistencies (n=14)
- Few unclear, neglected options in form
  - watchfull waiting, counseling,...
- Few remarks & problems < survey (n=37)



# Conclusions

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- Few adaptations registration form
- Few adaptations instruction sheet
- So far similar results other studies
  - No incidence data from pilot
  - No follow-up data yet