

## Introduction

- Emerging data with IV ketamine as a treatment option for treatment resistant depression has shown great promise<sup>1</sup>
- Less is known about the patient experience of receiving IV ketamine, <sup>2</sup> including trends that may differentiate remitters and non-remitters.
- The Talk-K Qualitative Study (a sub-study of Bio-K a biomarker development trial) was developed to better understand patient experiences and attributions related to IV ketamine treatment
- A better understanding of the patient experience may help clinicians set expectations for patients who are new to IV ketamine

## Methods

- 74 participants were invited from the Bio-K Study, where participants received three IV-ketamine infusions
- 20 participants were asked in-depth interview questions and audio recorded

### Sample Questions

Can you describe your first experience during the ketamine infusions?

What is your understanding of how ketamine works?

I'd like you to walk me through your experience after the ketamine treatment.

- Recordings were transcribed
- Codebook is being developed and transcripts are being coded
- Participants will be characterized as full, partial, or non-remitters based on MADRS scores and self-report after coding

## Preliminary Results

- Preliminary data of N=20 is reported; however, interviews and analysis are ongoing

### Time Points of Interviews:

- Average Time between Bio-K Infusions and Talk- K study: 8 months & 26 days and 49 months & 18 days
- Average interview time: 37 minutes

### Remission Status (N=20)

Remitter	Non-Remitter	Partial Remission
MADRS ≤ 9	MADRS >9	At least 50% reduction
9 (45%)	7 (35%)	4 (20%)

### Demographics

Variable	N = 20 (%)
Gender	
Female	14 (70%)
Male	6 (30%)
Race	
White	18 (90%)
Black	2 (10%)
M(SD)	
Age	41.82 (12.42)

Code Examples	Definition	Participant Descriptive Quote
<b>Expectations</b>	What they expected from receiving ketamine, such as a “magic bullet” cure or yet more disappointment.	<b>“I assumed naively, that it would be some magic wand – some cure all, that all of a sudden, everything would be drastically different”</b>
<b>Therapeutics</b>	Patient discusses what they think was therapeutic about receiving IV ketamine - what it was about their own experience with ketamine that led to healing. If non-responder, what they think would have happened.	<b>“The point of it is to write over depression. And I’m assuming that it’s possible because the state you’re in is relaxed, you’d be more open minded because you’re not really bogged down by stress and pain and everything else, so it might be easier to work through stuff. Having a different mindset.”</b>
<b>Phenomenology</b>	The phenomenology of receiving ketamine. They might describe the psychedelic experience, or lack of psychedelic experience.	<b>“And not too different from like if you just shove your fingers [against] your eyes when they're closed, and you see kind of patterning stuff for different colors. So like bobby colors, but everything was very kind of like soothing. Just gently moving wavy type of stuff that kind of went along with the mood”</b>

## Discussion

- Although these are preliminary data, we hope that the final results can be used by clinicians to develop best practices in informing patients’ expectations and guiding their experiences before and after obtaining infusions
- Understanding response to ketamine goes beyond clinical rating scales for depression.

## References

[1] Zarate CA Jr, Niciu MJ. Ketamine for depression: evidence, challenges and promise. World Psychiatry 2015;14:358-350.

[2] Sumner, R. L., Chacko, E., McMillan, R., Spriggs, M. J., Anderson, C., Chen, J., ... & Sundram, F. (2021). A qualitative and quantitative account of patient’s experiences of ketamine and its antidepressant properties. Journal of Psychopharmacology, 0269881121998321.