

Mood Outcomes Program: A multi-site platform for measurement-based care

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Introduction

- Mood disorders are among the most burdensome public health concerns.
- The National Network of Depression Centers (NNDC) is a non-profit consortium of 28 leading clinical and academic member centers around the U.S. providing care for patients with mood disorders, including depression and bipolar disorder.
- The Mood Outcomes Program (MOP): participating NNDC sites follow a standard protocol to electronically collect patient reported outcome assessments on depression, anxiety, and suicide as part of clinical care

Objectives

- To describe changes in MOP utilization and outcome data over the last 1-2 years since the COVID-19 pandemic.

Methods

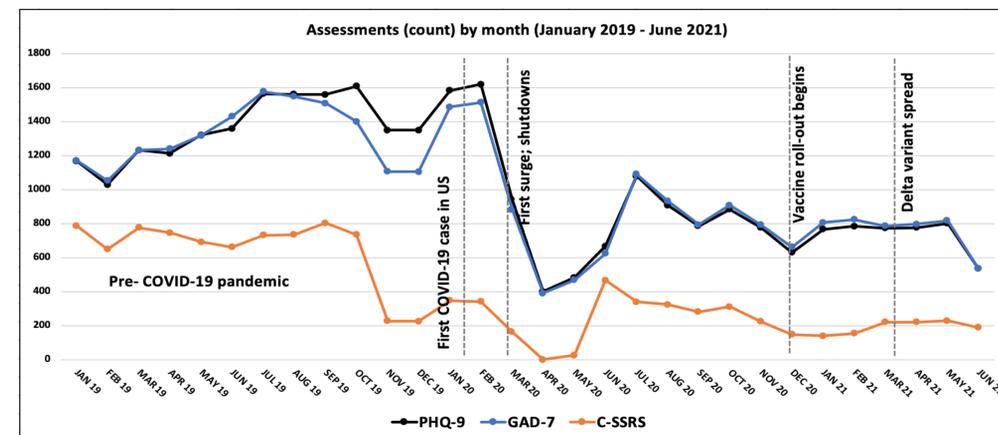
- Standard assessments include:
 - Patient Health Questionnaire (PHQ-9): 9 items
 - Generalized Anxiety Disorder Questionnaire (GAD-7): 7 items
 - Columbia Suicide Severity Rating Scale (C-SRSS)
 - Demographic and diagnosis information
- Conducted random effects linear regression analyses at several time points between 2018 and 2021 examining the relationship between demographics and PHQ-9/GAD-7 scores
 - Included patients' first assessment of the month and binned into 6-month intervals (January-June and July-December)

Results

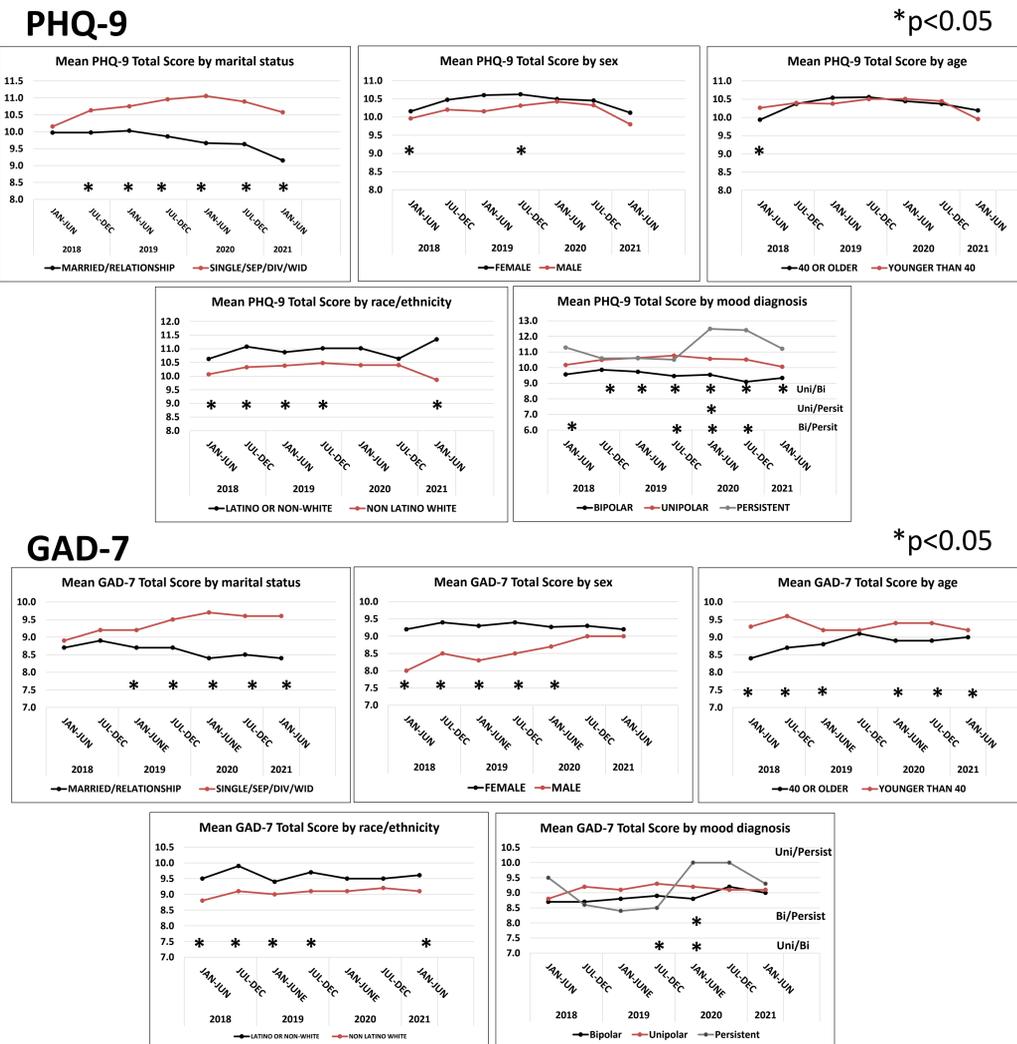
Who has been enrolled? (2011-2021) N=11,795 (from 14 centers)	N (%)	PHQ-9 Mean	GAD-7 Mean	C-SSRS % of f/u ass. SI Behav
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Age						
<40	6239 (53%)	10.7	9.5	15.0	5.0	
≥40	5551 (47%)	10.7	9.1	10.0	3.0	
Sex						
Female	7855 (66%)	10.8	9.5	11.0	4.0	
Male	3890 (33%)	10.6	8.7	15.0	4.0	
Other	3 (.3%)	--	--	--	--	
Race						
Non-Latino/Hispanic White	9427 (80%)	10.7	9.3	12.0	4.0	
Latino/Hispanic and/or non-White	1784 (15%)	11.0	9.6	13.0	5.0	
Marital Status						
Single/Separated/Widowed/Divorced	6666 (57%)	11.0	9.5	13.0	4.0	
Married/In a committed relationship	4805 (41%)	10.2	8.9	10.0	3.0	
Diagnosis						
Bipolar disorder	1117 (10%)	10.0	9.2	10.0	3.0	
Unipolar depression	9406 (80%)	10.8	9.3	12.0	4.0	
Persistent mood disorder	371 (3%)	11.1	9.1	24.0	5.0	
Mood d/o due to physical condition	72 (1%)	11.8	10.3	13.0	9.0	
Mood d/o with other psych dx <small>Anxiety, trauma, OCD, substance Schizophrenia, personality</small>	6954 (59%)	11.1	10.0	14.0	4.0	

Patients completing a...	# Follow-up assessments		Months in MOP	
	Mean	IQR	Mean	IQR
PHQ-9	4.0	5	9.0	12
GAD-7	4.1	5	13.2	23
C-SSRS	4.8	4	14.5	23



How have MOP patients been impacted since COVID-19?



Conclusions

- The MOP has been used in treatment with patients who are predominantly female, non-Latino/Hispanic White, unmarried/not in a relationship, diagnosed with unipolar depression, and average around four follow-up assessments.
- The number of MOP assessments has tracked with COVID-related events in the US in the last 1-2 years.
- Since 2018, depression and anxiety scores appear to have diverged based on marital status.
- Since COVID-19, anxiety scores appear to have converged based on sex.
- Although more data is needed, during the early part of the pandemic, depression and anxiety scores among patients with persistent mood disorders appear to have increased above those with other mood disorders.
- Since 2018, depression and anxiety scores have tended to be higher among Latino/non-white patients, however scores converged during the first year of the pandemic.
- Since 2018, anxiety, but not depression, has tended to be higher among younger patients.