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Non Drug Treatment of Depression - Concurrent Breakout Repeated

Sunday, 31 July 2011

Start 8:30am

Start 9:30am

Duration: 50mins

Duration: 50mins

Edinburgh Room

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 **South GP CME 2011**

General Practice Conference & Medical Exhibition

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Non drug treatment of depression

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Health care School of Population Health**



**THE UNIVERSITY
OF AUCKLAND**

NEW ZEALAND

Te Whare Wānanga o Tāmaki Makaurau

Primary care

- 10-14 PHQ 7.6% moderate depression in the past two weeks 7.6%
- 15-19 3.4% have moderate-severe
- ≥ 20 2% severe depression
- 85% of depression is recurrent
- Includes those on antidepressants
- 13% treatable depression 8% on medication

Why non-drug

Level	PHQ	NNT of drugs
Severe	≥ 20	4
Moderate	10-19	11
Mild	6-9	16

- NNT of 16; 1 better biologically
- 7-8 better by placebo
- 8 do not get better → non drug treatment

Telephone call nurse/admin

- RCT mild to moderate
- All patients on antidepressants
- NNT of 5 nurse phone call to get one better
- 1-2 for first 2 weeks then 3-8 1/week then every 2 weeks 9-16
- Calls up to 10 min

SIGN guideline 2010 Psych rx

- Behavioural activation- A
- Individual CBT-A
- Interpersonal therapy - A
- Mindfulness CBT-B
- Problem solving therapy -B
- Short term dynamic psychotherapy-B

SIGN guideline 2010 Psych rx

- Behavioural activation
- A structured, goal-focused therapeutic approach which encourages engagement in rewarding activities rather than withdrawal and inactivity.
- Aims to increase the levels of positive reinforcement experienced by the client.

SIGN guideline 2010 Psych rx

- Individual CBT
- A structured and collaborative therapeutic approach requiring appropriate training and ongoing supervision.
- CBT aims to make explicit connections between thinking, emotions, physiology and behaviour, primarily through behavioural experiments and guided discovery, in order to achieve systematic change in underlying beliefs and behavioural patterns

SIGN guideline 2010 Psych rx

- Interpersonal therapy
- A time-limited intervention, which aims to reduce symptoms by working on improving the quality of the patient's interpersonal relationships.
- IPT focuses on specific interpersonal problem areas such as grief, role transition and interpersonal disputes.

SIGN guideline 2010 Psych rx

- Mindfulness CBT
- Mindfulness has been defined as paying attention in a particular way: on purpose, in the present moment, and non-judgmentally
- (in contrast to being absorbed in ruminative thinking). Based on meditation principles, it is taught in a group course format over 8 weekly sessions.
 - The Mindful Way through Depression: Freeing Yourself from Chronic Unhappiness
 - Mark Williams, Jon Kabat-Zinn et al

SIGN guideline 2010 Psych rx

- Consider loving kindness meditation
- May I be safe, may I be happy, may I be healthy and may I live with ease
- Then move to person close to you and then gradually move away
- Advantage simpler in that positive action

SIGN guideline 2010 Psych rx

- Problem solving
- A brief focused psychological intervention that is delivered by an individual trained in problem solving approaches. These are often highly individualised and have a pragmatic focus, in which the professional and individual work through a series of defined steps to clarify the person's problems, desired goals, generate potential solutions and help to implement the chosen solution.

SIGN guideline 2010 Psych rx

- Short term dynamic psychotherapy
- Based on psychodynamic theories of development and of the mind and includes attention to unconscious as well as conscious mental processes. The approach places emphasis on the importance of the therapeutic relationship, including transference and counter transference.....By allowing the patient to express thoughts and feelings freely in the sessions with the therapist the patient can become more objective and effect desired change.

SIGN guideline 2010 exercise rx

- Structured exercise -B
 - If ok from CVD aspect
 - Set realistic goals
 - Consider buddy or do with group

SIGN guideline 2010 exercise rx

- Structured exercise
- Exercise that is undertaken three or more times a week for 30-40 minutes at an intensity sufficient to provide an energy expenditure of 70-80% of heart rate reserve; Walking at a level of moderate intensity, slightly out of breath, most days of the week

SIGN guideline 2010 Self help

- Guided self help -A
- Self help interventions cover a range of interactive packages, paper or web-based written self help materials. Interventions supporting access to self help books may be termed bibliotherapy or books on prescription.
- Therapist involved

SIGN guideline 2010 Self help

- Computerised CBT –A
- Mood gym <http://moodgym.anu.edu.au/>
- Beating the blues soon in NZ

Case 1 Paul- aged 42

1. Electrocuted and later felt tired saw neurologist who said does not have temporal lobe epilepsy; had MRI many blood tests
2. PHQ 22→ I think u are depressed/agreed
3. Started antidepressant

Case 1 Paul-cont'd

1. Problem did not belong
 1. 7 came to NZ difficult 12 went to UK accent
2. Not exercising -?fitter than wife –not so
3. Racket “not belonging”
4. Back pack –removed → removing the 7 year old

Case 1 Paul-cont'd #2

1. Problem did not belong
2. What is he getting out of this (pay off)
 1. He's right and they are wrong
 2. Less responsibility
 3. Playing it safe; be a victim

Case 1 Paul-cont'd #3

1. Problem did not belong
2. What is the cost of this
 1. Loss of energy; relatedness; depressed
 2. Loss of power

Case 1 Paul-cont'd #4

1. PHQ dropped to 4 over the next 6 weeks
2. Given mindfulness CD to prevent recurrent depression
3. NB 85% of cases of depression are recurrent
4. Later episode of anxiety moving up chest
 1. NLP technique of reversing the direction

Case 2 Susan 22

1. PHQ 9 recent relationship breakup
2. Not exercising; has an admin job; no previous depression
3. What would you suggest for therapy

Case 3 Helen 62

1. PHQ 17 found burglars in house not sleeping for 6 weeks; smoker but has stopped over last 6 weeks; housewife
2. Not exercising; no previous depression; handled death of child well
3. What to do

Case 3 Helen 62 #2

1. Double triumph of quit smoke and get better from depression
2. Nicotine patches, zopiclone; exercise
3. PHQ 17,13,4, 1 Over 8 weeks
4. Got off cigarettes