

# CLAHRC BITE

A bite-sized summary of a piece of CLAHRC research

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BITE 05



Active treatment of chronic depression  
can achieve remission within one year  
in 2 out of 3 patients



## Who?

People with chronic depression

## Findings...

- Treatment of depression may require more than one approach, but remission is associated with a better prognosis even if it takes several courses of treatment to achieve.
- When the outcome from initial treatment of depression is unsatisfactory, clinicians, with service users, should consider adopting further strategies, deploying alternative treatments.

Change evidence-based treatment every 14 weeks if there is no clinical response – maintain for at least 9 months if there is a response.

Co-ordinate the use of cognitive therapy and tailored pharmacotherapy together in chronic moderate and severe depression.

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### References

Rush, A. J., Trivedi, M. H., Wiesniewski, S. R., et al. Acute and longer-term outcomes in depressed outpatients requiring one or several treatment steps: a STAR\*D report. *Am J Psychiatry* 2006; 163: 1905-1917.

NICE (2009) Depression: the treatment and management of depression in adults (update). London: NICE

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### An explanation of CLAHRC and its role

The Collaboration for Leadership in Applied Health Research and Care (CLAHRC) is a partnership between the University of Nottingham and the NHS in Nottinghamshire, Derbyshire and Lincolnshire.

Funded by the National Institute for Health Research, our mission is to undertake high quality research to improve health and social care across the East Midlands.

This is a bite-sized summary of a piece of CLAHRC research. It is part of a series designed to make such work more available to clinicians.

For further information, visit:

### Our website

[www.clahrc-ndl.nihr.ac.uk/mentalhealth](http://www.clahrc-ndl.nihr.ac.uk/mentalhealth)

This is a summary of independent research commissioned by the National Institute for Health Research (NIHR).

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