



# Impact of depression training for pharmacists on patients starting a new treatment with antidepressant therapy

PhD Sophie Liekens  
Clinical Pharmacology and Pharmacotherapy  
KU Leuven Department of Pharmaceutical and Pharmacological Sciences



# CONTENT

- Introduction & Aim
- Methods & Setting
- Results
- Strengths & Limitations
- Conclusion
- Q&A



# INTRODUCTION: DEPRESSION

## ➤ From hidden burden to global public health concern

 Affects up to 350 million people



Accounts for the largest portion of the burden among all the mental and neurological disorders

 12-month prevalence: 5-16% ~ European average

Moderate – severe depression: AD cornerstone of treatment





# INTRODUCTION: ROLE OF THE PHARMACIST



Aim: SIMCA-study



50 – 83% discontinue prematurely / take AD inconsistently

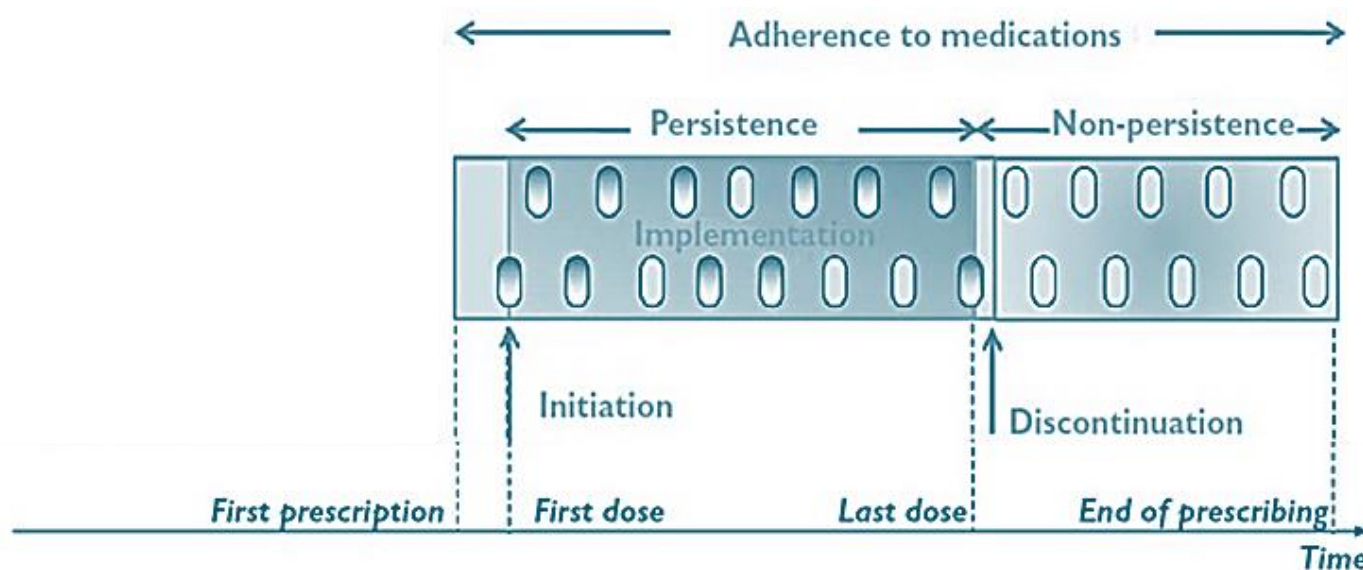
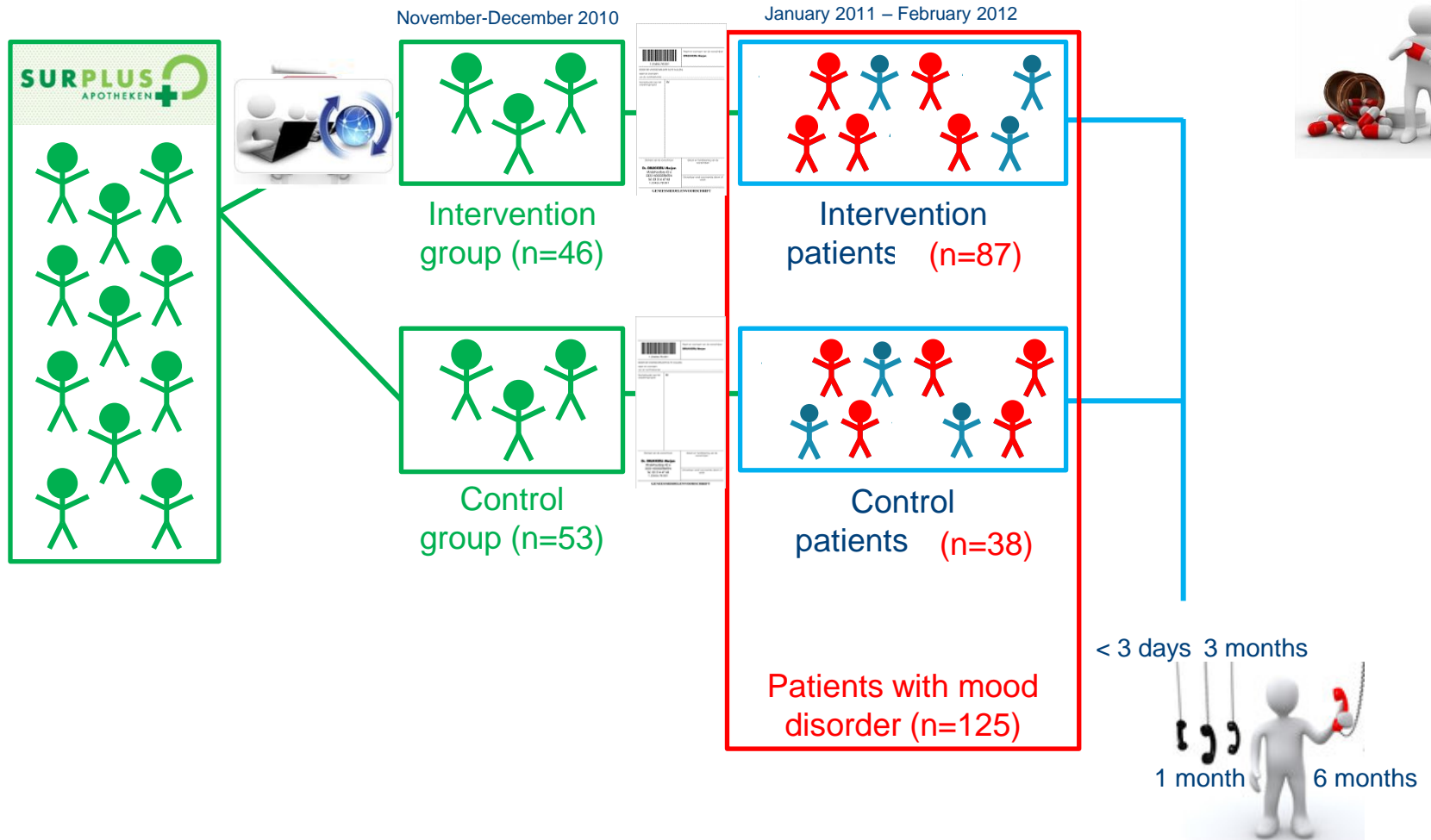


Figure 1: Illustration of the process of adherence to medication

Adapted with permission from: Vrijens B *et al.* *Br J Clin Pharmacol* 2012 May;73(5):691-705.



# METHODS: IMPACT OF DTD FOR PHARMACISTS ON PATIENTS



ECHO-model



# METHODS: IMPACT OF DTD FOR PHARMACISTS ON PATIENTS

Table 1: Overview of the outcome measures performed at each point in time.

Outcome measure	At the start of treatment	After 1 month of treatment	After 3 months of treatment	After 6 months of treatment
Demographic characteristics (gender, profession, education, age, civil state, previous use of AD and contact with other AD users)	✓			
<b>Medication adherence</b>				
MMAS (Morisky Medication Adherence Scale)		✓	✓	✓
<b>Economic outcomes</b>				
WPAI (Work Productivity and Activity Impairment)	✓	✓	✓	✓
<b>Clinical outcomes</b>				
HADS (Hospital Anxiety and Depression Scale)	✓	✓	✓	✓
<b>Humanistic outcomes</b>				
BMQ (Beliefs about Medicines Questionnaire)	✓	✓	✓	✓
SWiP (Satisfaction With Pharmacist)	✓	✓	✓	✓
FSE (Feelings about Side Effects)		✓	✓	✓
SWT (Satisfaction With Therapy)		✓	✓	✓
PS-CaTE (Patient Satisfaction with Cancer Treatment Education)				
Patient satisfaction with information regarding treatment	✓	✓	✓	✓
Patient satisfaction with information regarding side effects	✓	✓	✓	✓
EQ-VAS (EQ visual analogue scale)	✓	✓	✓	✓
Q-LES-Q (Quality of Life Enjoyment and Satisfaction Questionnaire)	✓	✓	✓	✓





# RESULTS: IMPACT OF DTD FOR PHARMACISTS ON PATIENTS

Table 2: Overview of the results of the outcome measures in control and intervention group at the different points in time.

Outcome measure: Differences between intervention and control group	At the start of treatment	After 1 month of treatment	After 3 months of treatment	After 6 months of treatment
Demographic characteristics	p>0.05	/	/	/
Medication adherence	/	p>0.05	p>0.05	p>0.05
Economic outcomes	p>0.05	p>0.05	p>0.05	p>0.05
Clinical outcomes	p>0.05	p>0.05	p>0.05	p>0.05
Humanistic outcomes				
BMIQ				
Necessity of antidepressants	p>0.05	p>0.05	p>0.05	p>0.05
Concerns about the negative effects of antidepressants	p>0.05	<b>p=0.03</b>	<b>p&lt;0.01</b>	p>0.05
Concerns about the way doctors use medicine (overuse)	p>0.05	p>0.05	p>0.05	p>0.05
Belief that medications in general are harmful	p>0.05	p>0.05	p>0.05	p>0.05
SWiP (Satisfaction With Pharmacist)	<b>p=0.02</b>	p>0.05	p>0.05	p>0.05
FSE (Feelings about Side Effects)	/	p>0.05	<b>p&lt;0.01</b>	p>0.05
SWT (Satisfaction With Therapy)	/	p>0.05	p>0.05	p>0.05
PS-CaTE (Patient Satisfaction with Cancer Treatment Education)				
Patient satisfaction with information regarding treatment	<b>p&lt;0.01</b>	p>0.05	p>0.05	p>0.05
Patient satisfaction with information regarding side effects	<b>p=0.01</b>	p>0.05	p>0.05	p>0.05
EQ-VAS	p>0.05	p>0.05	p>0.05	p>0.05
Q-LES-Q	p>0.05	p>0.05	p>0.05	p>0.05





# STRENGTHS & LIMITATIONS

**Strengths**

**Limitations**



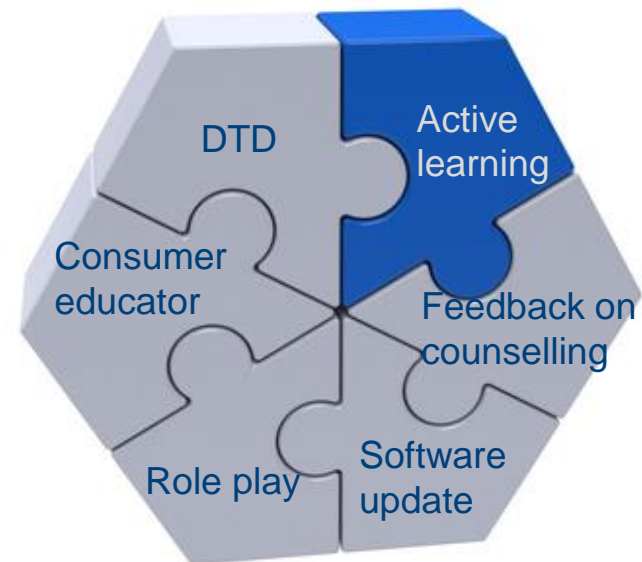


# CONCLUSION

- The SIMCA-study supports the role of community pharmacists
  - in providing pharmaceutical care towards patients with depression
  - in order to improve humanistic outcomes, and the importance of training in this regard.



Effective complex  
multifaceted intervention





# ACKNOWLEDGEMENTS

- **Promotor:** Prof. Dr. Veerle Foulon
- **Co-promotors:** Prof. Dr. Tim Smits  
Prof. Dr. Gert Laekeman
- **Escapo C.V. – The Surplus Pharmacy chain – CM**

