Automated Virtual Follow-Up to Reduce Premature Treatment Discontinuation

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| **Project Name:** Automated Virtual Follow-Up to Reduce Premature Treatment Discontinuation | |
| **Grant Number:**  U19MH092201 (Pilot study under MHRN II) |  |
| **Principal Investigator:**  Robert Penfold, PhD |  |
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| **Funder** NIMH |  |
| **Funding Period:**  07/2017 – 06/2019 |  |
| **Abstract:**  Recent developments in health informatics have created the potential for more efficient and more targeted outreach programs to address dropout from depression treatment.  First, electronic medical records databases allow real-time evaluation of patients who are "overdue" for prescription refills and follow-up visits.  Second, increasing use of standardized depression severity measures (such as the PHQ9), allow efficient identification of those at risk for unfavorable outcomes.  Third, increasing use of patient-provider online messaging will permit much more efficient outreach communication.  We are conducting a pilot study of a semi- automated outreach program for adult outpatients who appear to have dropped out of acute-phase depression treatment (either pharmacotherapy or psychotherapy). Participants with missed antidepressant refills or missed psychotherapy sessions are emailed a short questionnaire to ask about their intentions for treatment as well as a PHQ9, GAD2, and AUDIT-C. Feedback on patients’ answers is delivered immediately in a web-based format. |  |
| **Participating Sites:**  Group Health Cooperative, Seattle, WA (Lead Site) Kaiser Permanente Colorado, Denver, CO |  |
| **Investigators:**  Robert Penfold, PhD Arne Beck, PhD |  |
| **Major Goals:** Conduct a pilot study of a completely automated outreach program for adult outpatients who appear to have dropped out of acute-phase depression treatment (either pharmacotherapy or psychotherapy). |  |
| **Description of study sample:** The study population will include up to 2400 adult patients in participating health systems who initiate medication or psychotherapy treatment for depression. |  |
| **Current Status:**  This project began in July, 2017 and is currently in the planning phase for the intervention |  |
| **Study Registration:** N/A – study hasn’t started yet |  |
| **Publications:** N/A |  |
| **Resources:**  N/A |  |
| **Lessons Learned:** N/A |  |
| **What’s next?** N/A |  |
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