



## Real-World Comparison Study of Antidepressant Treatments in Patients with Major Depressive Disorder

### Frequently Asked Questions:

#### Question 1: What is the main objective of this study?

**Answer:** Our study aims to gain a better understanding of your medication and treatment experience, including how the therapies manage your MDD symptoms, what the side effects may be, the impact of switching medications, and to track any treatment goals you may have. Your input brings real-life experience into the MDD research discussion.

#### Question 2: How do I confirm my MDD diagnosis?

**Answer:** To continue along in this study, we will need you to submit verification of your Major Depressive Disorder diagnosis by Week 6.

- You can do this by importing your medical records directly from your provider(s) to PatientsLikeMe at [https://www.patientslikeme.com/account/data\\_device\\_linking](https://www.patientslikeme.com/account/data_device_linking). This will import your medical data to your PatientsLikeMe profile, including conditions you are living with, treatments, labs, and test results.
- If you prefer to use other methods to confirm your diagnosis you can:
  - Upload medical notes from your physician/share their medical records or documents from your clinical provider that show an MDD diagnosis (for example, doctor visit summary, prescription note, confirming their MDD diagnosis)
  - Download a form provided in the study survey tool to be filled out by your provider and upload once completed

#### Question 3: What is a Patient Reported Outcome?

**Answer:** Patient-reported outcomes (PROs) are defined as measurements of any aspect of a patient's health status that comes directly from the patient (that is, without the interpretation of the patient's responses by a physician or anyone else). Usually, the care that is delivered to patients often falls short of meeting patients' needs. The discrepancy in care is often caused because providers are frequently unaware of the presence and severity of symptoms that their patients experience.

A key goal of collecting PRO data is to improve clinical decision-making. To do this, we will summarize the results from your response to allow you to download the results and share it with your healthcare provider to bring to their attention your perspective on your health status.



#### Question 4: What is Goal Attainment Strategy?

**Answer:** A tool for people with MDD to set treatment goals and measure progress toward attaining specific MDD treatment objectives.

1. Problems specific to the patient are identified and then framed into goals
2. Objectives are set using SMART goal-setting characteristics (Specific, Measurable, Attainable, Relevant, Time-based)
3. Progress toward each goal is assessed by assigning a distinct level of achievement
4. An overall score is calculated

Goal setting plays a role in shared decision making between you and your doctor.

#### Question 5: How to start setting goals?

**Answer:** No matter where you are on your mental health journey, working toward specific goals can help you live the life you want while managing your mental illness.

- Ask yourself: "What's one thing I can do today that helps me get closer to where I want to be?"
- Start with setting one small goal to accomplish each day, and once you become more confident, you can work on achieving larger, long-term goals.
- Think of the short-term goals you set as steppingstones to your larger recovery goal

#### Question 6: What is SMART goal?

**Answer:** The S.M.A.R.T. approach to goal setting ensures that your goals are:

- Specific: Goals should be defined as much as possible: WHO is involved, WHAT do I want to accomplish, WHERE will it be done, and WHY am I doing this?
- Measurable: Goals should allow you to track your progress and measure outcomes
- Achievable: Goals should be challenging but achievable. Goals work best when they are neither too easy nor too difficult.
- Relevant: The goal should seem important & beneficial to you and what you want to achieve
- Time-based: The goal should have a time limit. Deadlines will keep you motivated!

#### Question 7: How can I use the results from PRO and goal settings?

**Answer:** A key goal of collecting PRO data and goal setting summary is to improve clinical decision-making. To do this, we will summarize the results from your response to allow you to download the results and share it with your healthcare provider to bring to their attention your perspective on your health status.



**Question 8: Will I be compensated for this study? How and when?**

**Answer:** Depending on your level of participation in this study, you are eligible for:

- \$50 gift card for participation up to 6 weeks
- \$50 gift card for confirming your MDD diagnosis
  - If you are not able to confirm your diagnosis by week 6, you will be discontinued from the study
- \$75 gift card for participation up to 13 weeks
- \$50 gift card for participation up to 18 weeks
- For participation up to 24 weeks, you will receive a \$75 gift card

Participating for the full length of 24 weeks of the study means you are eligible to receive a total of \$300. Additional compensation is open to a small subset of participants who provide feedback on the survey tool (\$100) and \$25 for participants who offer feedback about the webinar.

**Question 9: What are some useful MDD education resources I can refer to?**

**Answer:**

MDD Education Resources:

**National Alliance on Mental Illness** - (<https://www.nami.org/Home>) NAMI is the largest grassroots organization devoted to improving the lives of those affected by mental illness, changing public perception about mental illness, and helping its members manage and effectively cope with mental illness.

**Anxiety and Depression Association of America** - (<https://adaa.org/>) The ADAA works to improve the quality of life of those affected by anxiety and depression-related disorders, providing education, resources, and support for people with help in finding treatment.

**National Institute of Mental Health** - (<https://www.nimh.nih.gov/>) The NIMH is the largest research organization in the world committed to understanding the treatment and prevention of mental disorders.

**Centers for Disease Control and Prevention Division of Mental Health** -

(<https://www.cdc.gov/mentalhealth/>) The mental health arm of the CDC is a reliable source of public health information on mental health.



**Question 10:** What should I do if I have thoughts of harming myself?

**Answer:** We understand that parts of the survey might have touched upon difficult emotions for you. If you have been struggling or experienced thoughts of self-harm, we encourage you to reach out to your local medical professionals and personal networks so that they might offer essential insights, shared experiences, and valuable support.

PatientsLikeMe also has a vibrant community of people with a similar experience to you. If you are looking for another space for conversation and connection, check out this link to our Mental Health and Behavior forum to engage with people like you.

Keep in mind that if you've been having thoughts about self-harm, it is essential to get help right away because the forum is not a substitute for professional service. **In an emergency, please call 911 or seek out professional support, such as a therapist or medical professional, immediately.**