**Clinical Quiz – Depression**

Do you know the guidance to support patients with depression?

The World Health Organization (WHO) states that depression is the most common mental health disorder and is the leading cause of disability worldwide (WHO, 2016). Do you know guidance for treating depression to effectively support patients?

**Questions**

1. Those with chronic physical health problems are more likely to be depressed.

**True or false?**

1. Community pharmacists can ask two questions to screen for depression.

**True or false?**

1. Counselling of a newly started antidepressant should include advising patients to inform relatives/carers of any changes in mood.

**True or false?**

4. Augmentation is a strategy involving the addition of one antidepressant to another antidepressant.

**True or false?**

5. After two SSRIs have been used, NICE recommends only the following newer-generation antidepressants; a serotonin/noradrenaline reuptake inhibitor or mirtazapine.

**True or false?**

**Answers**

1. **True:** TheNational Institute for Health and Care Excellence(NICE) has created a specific guideline on depression in adults with a chronic physical health problems. Those with chronic physical health problems are two to three times more common to have depression than those with good physical health (NICE, 2009).

2. **True:** NICE (2016) recommends asking two questions by professionals who are not competent to carry out a full mental health assessment:

“During the last month, have you often been bothered by feeling down, depressed or hopeless?

During the last month, have you often been bothered by having little interest or pleasure in doing things?”

These questions can be incorporated in Medicines Use Reviews, especially for patients with existing physical health problems. Answering yes to either question, the patient should be referred to their GP.

3. **True:** Manufacturers advise patients to inform a relative or close friend in case there is a worsening in presentation, as antidepressants can cause anxiety and onset of suicidal thoughts and behaviour (Krska and Kieve, 2015). This should be given along information recommended by NICE (2016): the importance of how to take their medication, adherence, required duration, side effects and that dependence does not occur.

4. **False:** After a trial of an initial antidepressant, NICE (2016) recommends three strategies; switching, combining and augmenting. Switching involves replacing one antidepressant with another. Combination involves adding an antidepressant to an existing antidepressant. Finally augmentation, is adding a non-antidepressant, such as an antipsychotic or lithium, to an existing antidepressant.

5. **False:** In November 2015, NICE (2015) published Technology Appraisal 367, which recommended vortioxetine after a patient had responded inadequately to two antidepressants within the same episode. It is thought that vortioxetine gains its’ antidepressant activity by inhibition of the serotonin reuptake transporter and is known as serotonin receptor activity modulator, as it is an agonist, partial agonist and antagonist at a range of serotonin receptors (Lundbeck Limited, 2016).

**References**

Krska, J. and Kieve, M. (2015) ‘The role of relatives and friends in antidepressant treatment’, Prescriber, 26(21), pp. 5–5. doi: 10.1002/psb.1404.

# Lundbeck Limited (2016), Summary of Product Characteristics: Brintellix tablets 5, 10 and 20mg, available at https://www.medicines.org.uk/emc/medicine/30904 (last Accessed: 24 June 2016)

# NICE (2009), Depression in adults with a chronic physical health problem: Treatment and management: CG 91. Available at https://www.nice.org.uk/guidance/cg91/resources/depression-in-adults-with-chronic-physical-health-problem-recognition-and-management-975744316357 (Accessed: 24 June 2016)

# NICE (2015), Vortioxetine for treating major depressive episodes: TA367. Available at https://www.nice.org.uk/guidance/ta367/resources/vortioxetine-for-treating-major-depressive-episodes-82602733813189 (Accessed: 24 June 2016)

# NICE (2016), Depression in adults: The treatment and management of depression in adults: CG 90. Available at https://www.nice.org.uk/guidance/cg90/resources/depression-in-adults-recognition-and-management-975742636741 (Accessed: 24 June 2016)

# WHO (2016) Depression. Available at: http://www.who.int/mediacentre/factsheets/fs369/en/ (Accessed: 24 June 2016).