

P01-65 - A COMPARISON OF OUTCOMES OF PATIENTS WITH DEPRESSION, RECURRENT DEPRESSION, AND DEPRESSION AND ANXIETY IN A CMHT

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Background: Depression treatment outcomes within British Community Mental Health Teams have not been adequately described.

Aims/Objectives: To describe factors which influence outcome of depression within Bedford East CMHT.

Methods: Patients with Depression F32, Recurrent Depression F33, and Depression and Anxiety F42.1 were identified from a database. Factors affecting outcomes, including Suicidal ideation, Alcohol problems, Drug problems, and use of Augmentation therapy, were identified. Outcome as measured by patient discharge was compared in the three groups.

Results: The percentage of each group discharged was 12.24 for F32, 30.53 for F33, and 29.17 for F42.1.

For F32 patients, the percentage of patients with suicidal ideation was 55.10, with alcohol problems was 32.65, with illicit drug problems was 14.28, while the percentage of patients on augmentation strategies was 38.77.

For F33 patients, the percentage of patients with suicidal ideation was 27.37, with alcohol problems was 9.47, with illicit drug problems was 1.05, while the percentage of patients on augmentation strategies was 27.37.

For F42.1 patients, the percentage of patients with suicidal ideation was 25, with alcohol problems was 8.33, with illicit drug problems was 8.33, while the percentage of patients on augmentation strategies was 54.17.

Comment: Fewer discharges occurred from the F32 group, mirroring increased suicidality and drug and alcohol use in this group. There is no significant difference in the number of patients using augmentation strategies between the F32 and F33 groups. It does not appear that augmentation strategies for treating depression are having a clear influence on outcomes.