

Expert Perspective On Interventions for Improving Psychosocial Difficulties in Depressive Disorders

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Introduction

Previous studies on depression reporting expert survey results have focused primarily on symptomatology (Cheung et al., 2007) or used a narrow selection of experts, e.g. only clinicians or social workers (Collimore & Rector, 2014; Caan et al., 2006). The current study is the first to explore the whole range of interventions and psychosocial difficulties (PSDs) in depression, combining information from psychologists, psychiatrists, nurses, social workers and primary health care doctors.

Objectives

The general objective of the ongoing project (part of www.maratoneproject.eu) is to provide comprehensive clinical recommendations on available interventions for PSDs in depression by means of a multi-informant approach.

Aims

This particular study aims to go beyond symptomatology and gather expert perspective on interventions for improving a wide range of PSDs in depression where literature might be scant.

Methods

The online survey will be available in 2015. Experts will rank the efficacy of existing interventions, specify the treatments effective for particular PSDs and report the determinants of efficacy according to their expertise. PSDs definition is based on World Health Organization's International Classification of Functioning, Disability and Health (ICF).

Results

Preliminary results and expert data will be shown. We intend to attract part of our pool of experts during the 23rd European Congress of Psychiatry.

Conclusions

Worldwide experts in the field of depression are invited to take part in this online survey. The future course planned out by literature focuses on potential personalization of interventions; therefore the current study is an excellent starting point in this direction.