

P02-34

THERAPEUTIC STRATEGIES USED ON TREATMENT OF DEPRESSION. DRIA STUDY

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Introduction: There are few clinical studies about strategies used in depression in clinical practice.

Objectives: Describe therapeutic strategies used in psychiatric care in patients with depression who had a suboptimal response to standard antidepressants under real-life conditions.

Methods: Non-interventional study that included a prospective cohort of outpatients diagnosed with Major Depressive Disorder (MDD) who needed a change on the treatment. Strategies were grouped as: switch of antidepressant, combination of antidepressants, augmentation or a combination of previous strategies. Follow-up period was 22-26 weeks.

Results: 364 patients were included by 58 psychiatrists, 336 were analyzed (92.3%) and 315 (86.5%) completed the follow-up.

	BASELINE (1 change)	VISIT_1 (2 changes)	VISIT_2 (3 changes)
Switch to antidepressant	39.6%	8.8% (26.1%)	4.1% (26.1%)
Combination of antidepressant	23.3%	12.1% (21.6%)	2.9% (28.3%)
Augmentation (with no-antidepressant)	17.9%	12.1% (21.6%)	2.9% (28.3%)
Multiple strategies	18.8%	5.4% (16.2%)	3.8% (26.1%)
TOTAL OF CHANGES	100%	33.6% (100%)	14.6% (100%)

[Strategies selected in each change]

	1_STRATEGY	2_STRATEGIES	3_STRATEGIES
1_CHANGE	34.12%	65.88*	-
2_CHANGES	18.75%	40.64&	40.63%

[Relationship between no. changes and no. strategies]

Conclusions: Strategies more used were: switch to another antidepressant, combination of antidepressant, augmentation and multiple strategies.

Although a change of treatment was decided, frequently it was selected a strategy used in the past.

This study has been sponsored by AstraZeneca Farmaceutica Spain, SA