
COMPARISON OF CHARACTERISTICS AND TREATMENT OUTCOMES BETWEEN MINORITY AND NON-MINORITY PATIENTS WITH DEPRESSION TREATED UNDER COLLABORATIVE CARE

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Robust evidence already exists on the effectiveness of the collaborative care management (CCM) in achieving and sustaining treatment response among patients with depression (1). This study aimed at determining and comparing baseline characteristics and treatment outcomes between minority and non-minority patients enrolled in CCM.

From March 2008 until August 2013, 3591 eligible patients (adults 18 and up with PHQ-9 score ≥ 10) had been enrolled in CCM; 3350 are Caucasian while 241 constitute the non-Caucasian or minority group. While majority are female in both groups, those in minority group are younger, had higher baseline PHQ-9 score with greater severity (p value: 0.03). GAD-7 result was also higher, scoring moderate to severe (p value: 0.02). In contrast, Caucasian group tended to score more positively on AUDIT (alcohol) screening and Mood Disorder Questionnaire (MDQ).

There was no significant difference in 6 month remission rate, defined as PHQ-9 score ≤ 5 , between minority and non-minority groups. Both achieved $>50\%$ remission rate. The average duration of enrollment in CCM was 5 months in both groups. After controlling for age, gender, marital status, depression severity, and treatment modality (CCM vs usual care), the odds of 6 month remission among minority patients is lower although not statistically significant (p value: 0.4).

Conclusion: Certain baseline characteristics are significantly different between minority and non-minority patients with depression; however, both groups achieved effective remission under CCM. The odd of 6 month remission, although lower among minority patients, is not statistically significant.