

# NATIONAL INSTITUTE FOR HEALTH AND CARE EXCELLENCE

## NICE guidelines

### Equality impact assessment

# Depression: the treatment and management of depression in adults

The impact on equality has been assessed during guidance development according to the principles of the NICE equality policy.

#### 1.0 Scope: before consultation

1.1 Have any potential equality issues been identified during the development of the draft scope, before consultation, and, if so, what are they?

(Please specify if the issue has been highlighted by a stakeholder)

The following groups of people have been identified as potentially raising specific issues:

- Men: differences in help-seeking behaviour and presentation may mean that depression is under recognised and under treated in this group. Overall, men have a higher incidence of adverse outcomes such as suicide.
- Older people: late onset depression may be under diagnosed and the needs of this population may be particularly complex because of, for example, life events or co-morbid illness . People from black and minority ethnic groups: cultural attitudes to mental health could be a barrier to accessing mental health services. Response to interventions may vary.
- Carer wellbeing: identified by stakeholders. It was suggested that Carers may not always get access to the treatment they need.

1.2 What is the preliminary view on the extent to which these potential equality issues need addressing by the Committee? For example, if population groups, treatments or settings are excluded from the scope, are these exclusions justified – that is, are the reasons legitimate and the exclusion proportionate?

The preliminary view is that the populations listed above need special consideration throughout the development of this guideline and will be integral to the discussions where the evidence is lacking. There may well be specific differences in recommendations for these groups. Carer wellbeing has been added as an outcome measure in the scope (see scope section 1.6).

As there are two guidelines currently being developed for people with learning disabilities, special consideration will not be given to people with learning disabilities, notably in relation to the different systems for accessing and delivering treatment.

**2.0 Scope: after consultation (To be completed by the developer and submitted with the final scope)**

2.1 Have any potential equality issues been identified during consultation, and, if so, what are they?

The following populations or issues were identified:

- The older people
- Stigmatisation of mental health problems
- LGBT
- Travellers
- Students
- People with co-existing health problems

2.2 Have any changes to the scope been made as a result of consultation to highlight potential equality issues?

- Older people: They were already in the scope as a group that will be given specific consideration in this guideline.
- Stigmatisation of mental health problems: We will take into account a range of equality issues including language and different cultural conceptualisations of disease. This guideline will also link to Service user experience in adults mental health, CG136.
- LGBT, travellers and students: There was no evidence to suggest that these groups warranted specific consideration for this guideline update.
- People with co-existing health problems: people with co-existing mental health problems will be taken into consideration, and this is a new addition to the scope. Please see section 1.1 for the amendment. Co-existing physical health problems will not be covered as a guideline covering Depression in adults with a chronic physical health problem was published in 2009, see CG91.

2.3 Is the primary focus of the guideline a population with a specific disability-related communication need?

If so, is an alternative version of the 'Information for the Public' document recommended?

If so, which alternative version is recommended?

The alternative versions available are:

- large font or audio versions for a population with sight loss;
- British Sign Language videos for a population who are deaf from birth;
- 'Easy read' versions for people with learning disabilities or cognitive impairment.

No.