

**Depression in adults: treatment and management (update)
Committee meeting 7**

Date: 25/05/2016

Location: RCOG, London

Minutes: Confirmed

Committee members present:	
Navneet Kapur (Chair)	Present for notes 1-7
Steve Pilling (Facilitator)	Present for notes 1-7
June Brown	Present for notes 1-7
Carolyn Chew-Graham	Present for notes 1-7
Jeremy Clarke	Present for notes 1-7
Sinead Dervin	Present for notes 1-7
David Ekers	Present for notes 1-7
Simon Gilbody	Present for notes 1-7
David Hewison	Present for notes 1-7
Tony Kendrick	Present for notes 1-7
Neil Nixon	Present for notes 1-7
Anonymous	Present for notes 1-7
Jenni Speller	Present for notes 1-7
David Taylor	Present for notes 1-7
Ed Watkins	Present for notes 1-7
Philip Wilkinson	Present for notes 1-7

In attendance:		
Sally Humphreys	NGA Project Manager	Present for notes 1-7
Ifigeneia Mavranouzouli	NGA Senior Health Economist	Present for notes 1-7
Iona Symington	NGA Systematic Reviewer	Present for notes 1-7

Observers:	
Suzan Hassan (UCL)	Present for notes 1 – 7

Apologies:

Louise O'Connor	Committee member
Catherine Ruane	Committee member
Clifford Middleton	Guidelines Commissioning Manager NICE
Gemma Halliday	UCL Research Assistant

1. Welcome and objectives for the meeting

The Chair welcomed the Committee members and attendees to the seventh meeting on Depression in adults: treatment and management (Update).

The Chair informed the Committee that apologies had been received. These are noted above.

The Chair outlined the objectives of the meeting, which included reviewing the clinical evidence, recommendations from 2009 and health economic models for the guideline.

2. Confirmation of matter under discussion, and declarations of interest

The Chair confirmed that, for the purpose of managing conflicts of interest, the matter under discussion was depression in adults: treatment and management.

The Chair asked everyone to declare any interests that have arisen since the last meeting.

Name	Job title, organisation	Declarations of Interest, date declared	Type of interest	Decision taken
Carolyn Chew-Graham	Professor of General Practice Research, Keele University 2012-present Hon Professor of Primary Care, University of Manchester Hon Professor of Primary Care Mental Health, South Staffs & Shropshire Foundation Trust (SSSFT)	Co-investigator in study funded by PHR 14/186/11 Community Pharmacy Mood Intervention Study, leading the qualitative study	Personal non-financial non-specific	No action needed

	Principal in General Practice, NHS Manchester Honorary Consultant in Primary Care, Manchester Primary Care Trust			
Jeremy Clarke	Psychological therapist, Newham Psychological Therapies, ELFT (since 2010); Senior Accredited DIT Supervisor, Southwark IAPT, Wandsworth IAPT, Sutton and Merton IAPT Consultant mental health adviser, Greater Manchester Combined Authority) Research Associate, Centre for Humanities Engaging Science and Society, University of Durham	Joining a Clinical Advisory Group for Ingeus advising on clinical governance and quality for health and wellbeing services related to welfare benefits	Personal non-financial non-specific	No action needed
David Ekers	Senior Clinical Lecturer/Nurse Consultant, Tees Esk and Wear Valleys NHS FT/Durham University	Research grant Community Pharmacy Mood Intervention Study, NIHR PHR funded	Non-personal financial non-specific	No action needed
Simon Gilbody	Professor of Psychological Medicine and	Co-applicant and grant holder on	Non-personal financial specific	No action needed

	Health Services Research; University of York	NIGHR programme on antidepressant prescribing "REDUCE"		
Navneet Kapur	Professor of Psychiatry and Population Health and Honorary Consultant in Psychiatry, University of Manchester; Head of Research, Centre for Suicide Prevention & National Confidential Inquiry into Suicide and Homicide; Member, National Suicide Prevention Strategy Advisory Group, Department of Health (England)	Co-author paper: "Mental health service changes, organisational factors, and patient suicide in England in 1997–2012: a before-and-after study" Lancet Psychiatry 2016	Personal non-financial non-specific	No action needed
Tony Kendrick	Professor of Primary Care, University of Southampton	Member of NICE National Indicators Advisory Committee	Personal non-financial non-specific	No action needed
Tony Kendrick	Professor of Primary Care, University of Southampton	Conducting research on measuring severity of depression, and reducing inappropriate long-term antidepressant treatment	Personal non-financial specific	No action needed
Neil Nixon	Consultant Psychiatrist and Director of	Co-author on a paper submitted to	Personal non-financial specific	No action needed

	Medical Education, Nottinghamshire Healthcare NHS Trust; Honorary Associate Professor, University of Nottingham	Lancet Psychiatry: 'CLAHRC randomised controlled trial of clinical and cost effectiveness of a specialist depression service versus usual specialist mental health care for managing persistent depression: 18 month results.'		
Steve Pilling	Clinical Adviser, NGA Director, Centre for Outcomes Research and Effectiveness, University College London	Funding from DHSE on the development of Evidence-Based Treatment Pathways and Safer Staffing Mental Health	Non-personal financial non-specific	No action needed
Anonymous	Lay member of committee	Service User member of Community Navigator study, UCL	Non-personal non-financial non-specific	No action needed
Ed Watkins	Professor of Experimental and Applied Clinical Psychology & Chartered Clinical Psychologist Director of Sir Henry Wellcome Building for Mood Disorders Research Director of Research for DClinPsy	Developer and lead of rumination-focused cognitive behavioural therapy for severe depression	Personal non-financial specific	No action needed

	Programme Director of SMART Lab			
Ed Watkins	Professor of Experimental and Applied Clinical Psychology & Chartered Clinical Psychologist Director of Sir Henry Wellcome Building for Mood Disorders Research Director of Research for DClinPsy Programme Director of SMART Lab	On the scientific expert advisory board of two SMEs: IESO which provides CBT treatments online, and for Ogenblik, which seeks to develop handheld devices to support mental health.	Personal non- financial non- specific	No action needed
Ed Watkins	Professor of Experimental and Applied Clinical Psychology & Chartered Clinical Psychologist Director of Sir Henry Wellcome Building for Mood Disorders Research Director of Research for DClinPsy Programme Director of SMART Lab	Research trials include Concreteness training, PREVENT, COBRA, IMPROVE1, IMPROVE 2, MoodFOOD, funded by the NIHR, MRC, and EC.	Personal non- financial specific	No action needed

The Chair and a senior member of the Developer's team noted that the interests declared did not prevent the attendees from fully participating in the meeting.

3. Minutes of last meeting

The Chair asked the Committee if it wanted any changes made to the minutes of the last meeting. The Committee agreed that the minutes were a true and accurate

account of the meeting.

The Chair confirmed that all matters arising had been completed or were in hand.

4. Presentations

The Chair introduced Iona Symington, Systematic Reviewer, who gave a presentation on the clinical evidence and Ifigeneia Mavranzouli, Health Economist who gave a presentation on the economic evidence, for interventions following no or limited response to treatment or not tolerating treatment of the current episode and treatment-resistant depression.

The Chair introduced Ifigeneia Mavranzouli, Senior Health Economist, who gave a presentation on an economic model for relapse prevention.

The Chair introduced Iona Symington, Systematic Reviewer, who gave a presentation on the current recommendations for service delivery settings.

The Committee discussed the issues presented in relation to this guideline.

The Committee thanked the speakers for their presentations and contribution to the development of the guideline.

5. Questions and discussion

The Chair and Clinical Adviser led the Committee through the process of reviewing the clinical and economic evidence and considering updating recommendations.

6. Service user and carer concerns

No service user or carer concerns were raised.

7. Any other business

NICE has granted a development time request of 17 weeks.

The technical team is meeting with the Cochrane group to discuss collaboration.

The Chair thanked the Committee for attending and closed the meeting.

Date of next meeting: 22/07/2016

Location of next meeting: Royal College of Obstetricians and Gynaecologists,
London