

Depression in adults Committee meeting 21.5 (half-day interim meeting)

Date: 10/11/2020

Location: Virtual meeting

Minutes: Final

Committee members present:	
Nav Kapur (Chair)	Present for notes 1 – 6
Jeremy Clarke	Present for notes 1 – 6
David Ekers	Present for notes 1 – 6
Tony Kendrick	Present for notes 1 – 6
Neil Nixon	Present for notes 1 – 6
Ed Watkins	Present for notes 1 – 6
Philip Wilkinson	Present for notes 1 – 6
Louise O'Connor	Present for notes 1 – 6
Prishah Shah	Present for notes 1 – 6
Catherine Ruane	Present for notes 1 – 6
David Taylor	Present for notes 1 – 6
Toby Sweet	Present for notes 1 – 6

In attendance:		
Melissa Bolessa	NGA Project Manager	(Present for notes 1 – 6)
Hilary Eadon	NGA Guideline Lead	(Present for notes 1 – 6)
Odetta Megnin-Viggars	NGA Senior Systematic Reviewer	(Present for notes 1 – 6)
Katriona O'Donoghue	NGA Systematic Reviewer	(Present for notes 1 – 6)
Ifigeneia Mavranouzouli	NGA Senior Health Economist	(Present for notes 1 – 6)
Steve Pilling	NGA Clinical Advisor	(Present for notes 1 – 6)
Clifford Middleton	NICE Guideline Commissioning Manager	(Present for notes 1 – 6)

Apologies:

Carolyn Chew Graham	GC member
Jennifer Speller	GC member
Satheesh Gangadharan	GC member
Tarun Gupta	GC member
Peter Kinderman	GC member
Stephanie Arnold	NGA Information Scientist

1. Welcome and objectives for the meeting

The Chair welcomed the Committee members and attendees to the half-day committee meeting for Depression in adults.

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

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 verbally declare any interests that have arisen since the last meeting and send their forms in to the Project Manager. The following declarations were made:

Name	Role	Declaration of interest	Type of interest	Decision taken
Anthony Kendrick	GC member	Member, NHS England Improving Access to Psychological Therapies (IAPT) advisory committee	Direct Non-financial professional and personal interest	Declare and participate Agreed by: GL, November 2020 Rationale: Psychological therapies are included in the guideline but member is appointed for his expertise in these therapies.
Anthony Kendrick	GC member	Return to clinical general practice	Direct Non-financial professional and personal interest	Declare and participate Agreed by: GL, November 2020 Rationale: Not specific to guideline
Neil Nixon	GC member	Advisor on NICE Scientific Advice Project - [Depression] -	Direct Financial interest	Declare and participate Agreed by: GL, November 2020

		SA542		Rationale: Carrying out another piece of work on behalf of NICE relating to depression does not constitute a conflict of interest
David Taylor	GC member	Gave lectures sponsored by Janssen (who make Spravato (esketamine))	Direct Financial interest	Declare and participate Agreed by: GL, November 2020 Rationale: Esketamine is not an intervention under consideration for inclusion in the guideline and is subject to a separate NICE technology appraisal
David Taylor	GC member	Published articles critical of the efficacy claims for antidepressants in the journal <i>Therapeutic Advances in Psychopharmacology</i>	Direct Non-financial professional and personal interest	Declare and participate Agreed by: GL, November 2020 Rationale: Antidepressants are included as an intervention in the guideline, but member employed for his expertise in antidepressants
Ed Watkins	GC member	Moeller, S., Austin, S., Hvenegaard, M., Kistrup, M., Gran, S., & Watkins, E. (2020). Rumination-focused cognitive behaviour therapy for non-responsive chronic depression: An uncontrolled group study. <i>Behavioural and Cognitive Psychotherapy</i> , 48(3), 376-381. doi:10.1017/S1352465819000584	Direct Non-financial professional and personal interest	Declare and participate Agreed by: GL, November 2020 Rationale: Specific to guideline but membership of committee is for expertise in management of depression
Ed Watkins	GC member	Buckman JEJ, Saunders R, Cohen ZD, Clarke K, Ambler G, DeRubeis RJ, Gilbody S, Hollon SD, Kendrick T, Watkins E , White IR, Lewis G, Pilling S. (2020) What factors indicate prognosis for adults with depression in primary care? A protocol for meta-	Direct Non-financial professional and personal interest	Declare and participate Agreed by: GL, November 2020 Rationale: Specific to guideline but membership of committee is for expertise in management of depression

		analyses of individual patient data using the Dep-GP database [version 3; peer review: 2 approved]. <i>Wellcome Open Res</i> , 4:69 (https://doi.org/10.12688/wellcomeopenres.15225.3)		
Ed Watkins	GC member	Watkins E. R. , Newbold A. (2020). Factorial Designs Help to Understand How Psychological Therapy Works. <i>Frontiers in Psychiatry</i> , 11,429. https://www.frontiersin.org/article/10.3389/fpsy.2020.00429 DOI.10.3389/fpsy.2020.00429	Direct Non-financial professional and personal interest	Declare and participate Agreed by: GL, November 2020 Rationale: Specific to guideline but membership of committee is for expertise in management of depression
Ed Watkins	GC member	Cook, L., Mostazir, M., & Watkins, E.R. (2019). Reducing Stress and Preventing Depression (RESPOND): Randomized Controlled Trial of Web-Based Rumination-Focused Cognitive Behavioral Therapy for High-Ruminating University Students. <i>Journal of Medical Internet Research</i> , 21, 5, e11349. doi.org/10.2196/11349	Direct Non-financial professional and personal interest	Declare and participate Agreed by: GL, November 2020 Rationale: Specific to guideline but membership of committee is for expertise in management of depression
Ed Watkins	GC member	Bot, M., Brouwer, I.A., Roca, M., Kohls, e., Penninx, B.W.J.H., Watkins, E. , van Groothest, G., Cabout, M., Hegerl, U., Gili, M., Owens, M., Visser, M. for the MoodFOOD Prevention Trial Investigators (2019). Effect of Multinutrient Supplementation and Food-Related Behavioral Activation Therapy on Prevention of Major Depressive Disorder Among Overweight or Obese	Direct Non-financial professional and personal interest	Declare and participate Agreed by: GL, November 2020 Rationale: Specific to guideline but membership of committee is for expertise in management of depression

		Adults With Subsyndromal Depressive Symptoms. <i>JAMA</i> . 321(9):858-868. doi:10.1001/jama.2019.0556		
Ed Watkins	GC member	Hvenegaard, M., Moeller, S.B., Poulsen, P., Gondan, M., Grafton, B., Austin, S.F., Kistrup, M., Rosenberg N.G.K., Howard, H., & Watkins, E.R. (2019). Group Rumination-focused cognitive behavioural therapy (CBT) versus group CBT for depression: phase II trial. <i>Psychological Medicine</i> . 1–9. https://doi.org/10.1017/S0033291718003835	Direct Non-financial professional and personal interest	Declare and participate Agreed by: GL, November 2020 Rationale: Specific to guideline but membership of committee is for expertise in management of depression
Ed Watkins	GC member	Workshop presented to NHS England on applying behavioural activation by IAPT therapists and how to adapt to COVID and lockdown – attended/viewed by 2000+ therapists	Direct Non-financial professional and personal interest	Declare and participate Agreed by: GL, November 2020 Rationale: Not specific to guideline

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.

4. Presentations

The Chair introduced Hilary Eadon, NGA Guideline Lead who gave a presentation to update the committee on the guideline’s development, progress since last committee

meeting in 2019 and the plan for committee meetings and timelines.

The Chair thanked Hilary for her presentation.

The Chair introduced Odette Megnin-Viggars, NGA Senior Systematic Reviewer who gave a short presentation on what the technical project team had been working on since the last meeting. Odette advised on the additional work and changes that had been implemented in response to stakeholder comments, work completed over the summer and the analysis plan for the NMA.

Odette took questions from the committee. The Chair thanked Odette for her presentation.

The Chair introduced Ifigeneia Mavranouzouli, NGA Senior Health Economist who gave a presentation on the progress on the NMA. The presentation gave an update on the grouping and classes of interventions, borrowing variance assumptions and preliminary NMA networks

Ifigeneia took questions from the committee. The Chair thanked Ifigeneia for her presentation.

The Chair took questions from the committee and closed the mini committee meeting.

5. Questions and discussion

The committee discussed the content of the presentations and the studies that had been included in the evidence review.

6. Any other business

Hilary Eadon, NGA Guideline Lead advised that the next full committee meeting will take place in December.

7. Date of next meeting

8th December 2020.