

Depression in adults Committee meeting 22

Date: 08/12/2020

Location: Virtual meeting

Minutes: Final

| Committee members present: | | |
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| Nav Kapur (Chair) | | Present for notes 1 – 7 |
| Carolyn Chew-Graham | | Present for notes 1 – 5 |
| Jeremy Clarke | | Present for notes 1 – 7 |
| Satheesh Gangadhara | | Present for notes 1-7 |
| Tarun Gupta | | Present for notes 1 – 7 |
| David Ekers | | Present for notes 1 – 4 |
| Tony Kendrick | | Present for notes 1 – 7 |
| Peter Kinderman | | Present for notes 1 – 7 |
| Neil Nixon | | Present for notes 1 – 7 |
| Ed Watkins | | Present for notes 1 – 7 |
| Philip Wilkinson | | Present for notes 1 – 7 |
| Louise O'Connor | | Present for notes 1 – 7 |
| Prishah Shah | | Present for notes 1 – 7 |
| Catherine Ruane | | Present for notes 1 – 7 |
| David Taylor | | Present for notes 1 – 5 |

| In attendance: | | |
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| Melissa Bolessa | NGA Project Manager | (Present for notes 1 – 7) |
| Hilary Eadon | NGA Guideline Lead | (Present for notes 1 – 7) |
| Odette Megnin-Viggars | NGA Senior Systematic Reviewer | (Present for notes 1 – 7) |
| Katriona O'Donoghue | NGA Systematic Reviewer | (Present for notes 1 – 7) |
| Ifigeneia Mavranouzouli | NGA Senior Health Economist | (Present for notes 1 – 7) |
| Steve Pilling | NGA Clinical Advisor | (Present for notes 1 – 7) |
| Clifford Middleton | NICE Guideline Commissioning Manager | (Present for notes 1 – 7) |

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| Hugo Pedder | NICE TSU | (Present for 1 – 5) |
| Deborah Caldwell | NICE TSU | (Present for notes 1 – 7) |
| Nicky Welton | NICE TSU | (Present for 1 – 5) |

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| Apologies: | |
| Jennifer Speller | GC member |
| Toby Sweet | GC member |
| Stephanie Arnold | NGA Information Scientist |

| 1. Welcome and objectives for the meeting | | | | |
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| <p>The Chair welcomed the Committee members and attendees to the 22nd Committee meeting for the Depression in adults guideline.</p> <p>The Chair informed the Committee that apologies had been received. These are noted above.</p> | | | | |
| 2. Confirmation of matter under discussion, and declarations of interest | | | | |
| <p>The Chair confirmed that, for the purpose of managing conflicts of interest, the matter under discussion was Depression in adults: treatment and management.</p> <p>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:</p> | | | | |
| Name | Role | Declaration of interest | Type of interest | Decision taken |
| Jeremy Clarke | GC member | Speaking engagement at a Healthcare Events conference on depression – included a summary of evidence from previous meta-analyses and gave a brief synopsis of the issues for the current guideline (based on what is in the public domain) – my slides are available from the event organizers on request | Indirect interest | Declare and participate Agreed by: GL, February 2021 Rationale: Specific to guideline, was a presentation of previous meta-analyses and so will not impact on the development of recommendations. |
| Peter Kinderman | GC member | Director – Kyrie Therapeutic Farm, Ltd. This is a non-profit organization building and then operating a | Direct Non-financial professional and | Declare and participate Agreed by: GL, February 2021 |

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| | | therapeutic institution in Ireland | personal interest | Rationale: Not specific to guideline |
| David Ekers | GC member | Investigator for Behavioural Activation in Social isolation (BASIL Study) | Direct Non-financial professional and personal interest | Declare and participate Agreed by: GL, December 2020 Rationale: Behavioural activation is included as an intervention but this study looks specifically at older adults socially isolated due to the Covid-19 pandemic, and will not complete until after the guideline is completed. Participation as an investigator is therefore unlikely to influence the guideline recommendations |
| Satheesh Gangadharan | GC member | NICE Fellow (2019 to 2022) | Direct Non-financial professional and personal interest | Declare and participate Agreed by: GL, December 2020 Rationale: Not specific to guideline |
| Satheesh Gangadharan | GC member | Fellow of the Royal College of Psychiatrists | Direct Non-financial professional and personal interest | Declare and participate Agreed by: GL, December 2020 Rationale: Not specific to guideline |
| Satheesh Gangadharan | GC member | Member of the Policy and Public Affairs Committee at the Royal College of Psychiatrists | Direct Non-financial professional and personal interest | Declare and participate Agreed by: GL, December 2020 Rationale: Not specific to guideline |
| Satheesh Gangadharan | GC member | I am one of the editors of Frith Prescribing Guidelines for adults with intellectual disability, published by Wiley. I do not received royalty for this. | Direct Non-financial professional and personal interest | Declare and participate Agreed by: GL, December 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.

Clifford Middleton updated the committee on the progress of the committee developing the NICE guidelines on safer prescribing as there may be overlap with the depression committee.

4. Presentations

Morning presentations

The Chair introduced Ifigeneia Mavranouzouli, NGA Senior Health Economist who gave a presentation on the evidence review questions 2.1 and 2.2, *For adults with a new episode of less severe or more severe depression, what are the relative benefits and harms of psychological, psychosocial, pharmacological and physical interventions alone or in combination?*

The presentation discussed the preliminary results of NMA and consideration of classes for inclusion in the HE model.

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

Afternoon presentations

The Chair introduced Hilary Eadon, NGA Guideline Lead who made the committee aware that NHS England had requested the committee review the use of ECT for the treatment of depression.

The Chair introduced Katriona O'Donoghue, NGA *Systematic Reviewer* who gave a presentation on Evidence Review question 2.7, *For adults with depression and a coexisting personality disorder what are the relative benefits and harms of first-line treatment or relapse prevention with psychological, psychosocial, pharmacological and physical interventions alone or in combination?*

Katriona O'Donoghue took questions from the committee. The Chair thanked Katriona for her presentation.

5. Questions and discussion

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

It was suggested an additional committee meeting may be needed in early 2021 to discuss additional issues including safer prescribing and ECT.

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| 6. Any other business |
| None. |
| 7. Date of next meeting |
| 26 th February 2021. |