

## Depression in adults Committee meeting 25

**Date:** 9<sup>th</sup> June 2021

**Location:** Virtual meeting

**Minutes:** Final

<b>Committee members present:</b>	
Nav Kapur	Present for notes 1 – 7
Jeremy Clarke	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
David Taylor	Present for notes 1 – 7
Tony Kendrick	Present for notes 1 – 7
David Ekers	Present for notes 3 – 7
Carolyn Chew Graham	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
Tarun Gupta	Present for notes 1 – 7
Satheesh Gangadharan	Present for notes 1 – 7
Peter Kinderman	Present for notes 1 – 7
Toby Sweet	Present for notes 1 – 6

<b>In attendance:</b>		
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
Laura Kuznetsov	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

**Apologies:**

Jennifer Speller (JS)

GC member

**1. Welcome and objectives for the meeting**

The Chair welcomed the Committee members and attendees to the 25<sup>th</sup> Committee meeting for the Depression in adults guideline.

The Chair informed the Committee that apologies had been received and 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
Tony Kendrick	GC member	Providing advice on indicators related to review of people on antidepressants to the NICE Indicator Advisory Committee	Direct Non-financial professional and personal interest	Declare and participate Agreed by: GL June 2021 Rationale: Additional work for NICE on depression is not a conflict to involvement in the NICE depression guideline as the 2 pieces of work should complement each other
Ed Watkins	GC member	Recent papers published with respect to treatment of depression:  1. Buckman, J.E.J., Cohen, Z.D., O'Driscoll, C., Fried, E.I., Saunders, R., Ambler, G., DeRubeis, R.J., Gilbody, S.,	Direct Non-financial professional and personal interest	Declare and participate Agreed by: GL, June 2021 Rationale: Declare and participate Agreed by: GL, November 2020 Rationale: Specific to guideline but

		<p>Hollon, S.D., Kendrick, T., Watkins, E., Eley T.C., Peel, A.J., Rayner, C., Kessler, D., Wiles, N., Lewis, G., &amp; Pilling, S. (2021). Predicting prognosis for adults with depression using individual symptom data: a comparison of modelling approaches. <i>Psychological Medicine</i> 1–11. <a href="https://doi.org/10.1017/S0033291721001616">https://doi.org/10.1017/S0033291721001616</a></p> <p>2. O'Driscoll, C., Buckman, J.E.J., Fried, E.I., Saunders, R., Cohen, Z.D., Ambler, G., DeRubeis, R.J., Gilbody, S., Hollon, S.D., Kendrick, T., Kessler, D., Lewis, G., Watkins, E., Wiles, N., &amp; Pilling 2. (2021). The importance of transdiagnostic symptom level assessment to understanding prognosis for depressed adults: analysis of data from six randomised control trials. <i>BMC Med</i> 19, 109. <a href="https://doi.org/10.1186/s12916-021-01971-0">https://doi.org/10.1186/s12916-021-01971-0</a></p> <p>3. Owens, M., Watkins, E., Bot, M., Brouwer, I.</p>		<p>membership of committee is for expertise in management of depression so benefits of expertise outweigh risks of scientific publications</p>	
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		<p>A., Roca, M., Kohls, E., ... Visser, M. (2021). Habitual behaviour as a mediator between food-related behavioural activation and change in symptoms of depression in the MoodFOOD trial. <i>Clinical Psychological Science</i>. April 2021. doi:10.1177/2167702620979785</p> <p>4. Vreijling SR et al (2021). Effects of dietary interventions on depressive symptom profiles: results from the MoodFOOD depression prevention study. <i>Psychological Medicine</i> 1–10. <a href="https://doi.org/10.1017/S0033291721000337">https://doi.org/10.1017/S0033291721000337</a></p> <p>5. Buckman, J.E.J., Saunders, R., O'Driscoll, C., Cohen, Z.D., Stott, J., Ambler, G., Gilbody, S., Hollon, S.D., Kendrick, T., Watkins, E., Wiles, N., Kessler, D., Chari, N., White, I.R., Lewis, G., &amp; Pilling, S. (2021). The contribution of depressive 'disorder characteristics' to determinations</p>		
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		of prognosis for adults with depression: an individual patient data meta-analysis. Psychological Medicine 1–14. <a href="https://doi.org/10.1017/S0033291721001367">https://doi.org/10.1017/S0033291721001367</a>		
Ed Watkins	GC member	New grant :Medical Research Council funded project on Developing and evaluating a whole university stepped change approach to student mental health – £3.74 M	Direct Non-financial professional and personal interest	Declare and participate Agreed by: GL, June 2021  Rationale: Grant commences after completion of guideline recommendations
David Taylor	GC member	Founder of 428 Pharma	Direct Financial interest	Declare and participate Agreed by: GL, June 2021  Rationale: Not specific to guideline as company relates to depots and diagnostics which are not included in the guideline update
David Taylor	GC member	Director of Psychiatric Genetic Testing	Direct Financial interest	Declare and participate Agreed by: GL, June 2021  Rationale: Not specific to guideline as relates to genetic testing which is not included in the guideline update
David Taylor	GC member	Consultancy services to Lundbeck	Direct Financial interest	Exclusion for participation in drafting recommendations which specifically include any of Lundbeck's products Agreed by: GL, June

				2021 Rationale: Lundbeck make a number of products used to treat depression.
David Taylor	GC member	Published widely on antidepressant withdrawal	Direct Non-financial professional and personal interest	Declare and participate Agreed by: GL, June 2021 Rationale: Evidence-based publications on withdrawal are not a conflict with the guideline.
Carolyn Chew-Graham	GC member	Supervising PhD (Dr Andrew Moriarty) – funded by NIHR.  The aim of the PhD is to develop a prediction tool for relapse in depression – to be used in primary care.	Direct Non-financial professional and personal interest	Declare and participate Agreed by: GL, June 2021 Rationale: Prediction of relapse is not included in the guideline
Carolyn Chew-Graham	GC member	NIHR funded BASIL (Behavioural Activation in Social Isolation) study (an add-on to MODS study – Programme Grant – RCT of collaborative care for low mood and depression in older adults with multimorbidity)  Urgent Public Health status.	Direct Non-financial professional and personal interest	Declare and participate Agreed by: GL, June 2021  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
Philip Wilkinson	GC member	Author of publication of case-control study of cognitive bias in late-life depression (which relates to cognitive bias modification therapy).	Direct	Declare and participate Agreed by: GL, June 2021 Rationale: Cognitive bias in late-life

		International Journal of Geriatric Psychiatry <a href="https://doi.org/10.1002/gps.5557">https://doi.org/10.1002/gps.5557</a>		depression is not included in the guideline.
Philip Wilkinson	GC member	Co-applicant in stage 2 commissioned call application to HTA programme to fund RCT of acceptance and commitment therapy in older people with generalized anxiety disorder (some of whom have comorbid major depression).	Non-financial professional and personal interest	Declare and participate Agreed by: GL, June 2021  Rationale: Generalized anxiety disorder is not included in the guideline.

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

The Chair discussed a previous declaration of interest made by Peter Kinderman relating to ECT and noted that this would preclude Peter Kinderman from being involved in making recommendations on ECT.

### 3. Minutes of last meeting

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

### 4. Presentations

#### Morning presentations

The Chair introduced Odette Megnin-Viggars, NGA Senior Systematic Reviewer who gave a presentation of the ECT evidence. Odette Megnin-Viggars took questions from the Committee. The Chair thanked Odette for her presentation. After the presentation Hilary Eadon, NGA Guideline Lead led a discussion on the ECT recommendations in the current guideline.

The Chair introduced Odette Megnin-Viggars, NGA Senior Systematic Reviewer who gave a presentation on the evidence produced by the NGC on Safe prescribing. Carolyn Chew-Graham and Neil Nixon also provided feedback from the NGC GCs they had attended. After the presentation Hilary Eadon, NGA Guideline Lead led a discussion on the current recommendations on starting and stopping anti-depressants.

Afternoon presentations

The Chair introduced Hilary Eadon, NGA Guideline Lead who went through the edits to the recommendations for reviews 2.1 and 2.2 *For adults with a new episode of less severe and more severe depression, what are the relative benefits and harms of psychological, psychosocial, pharmacological and physical interventions alone or in combination?*

The Committee then reviewed some outstanding comments on other guideline recommendations.

**5. Questions and discussions**

The committee discussed and revised the ECT recommendations in the current guideline.

The committee discussed and revised the starting and stopping antidepressant recommendations in the current guideline.

The committee discussed and revised the recommendations for less severe and more severe depression in the current guideline.

**6. Any other business**

None.

**7. Date of next meeting**

6<sup>th</sup> and 7<sup>th</sup> July 2021