

Depression in adults Committee meeting 28 (day 1 and day 2)

Date: 27th and 28th January 2022

Location: Virtual meeting

Minutes: Draft

Committee members present:		
Nav Kapur		Present for notes 1 – 9
Jeremy Clarke		Present for notes 1 – 9
Neil Nixon		Present for notes 1 – 9
Ed Watkins		Present for notes 1 – 9
David Taylor		Present for notes 1 – 9
Tony Kendrick (27 th only)		Present for notes 1 – 6
Carolyn Chew Graham (28 th only)		Present for notes 7 – 9
Philip Wilkinson		Present for notes 1 – 9
Prishah Shah		Present for notes 1 – 9
Catherine Ruane		Present for notes 1 – 9
Louise O’Conner (27 th only)		Present for notes 1 – 6
Satheesh Gangadharan		Present for notes 1 – 9
Tarun Gupta		Present for notes 1 – 9
Peter Kinderman		Present for notes 1 – 9
Toby Sweet		Present for notes 1 – 9

In attendance:		
Melissa Bolessa (28 th only)	NGA Project Manager	Present for notes 7 – 9
Hilary Eadon	NGA Guideline Lead	Present for notes 1 – 9
Odette Megnin-Viggars	NGA Senior Systematic Reviewer	Present for notes 1 – 9
Ifigeneia Mavranouzouli	NGA Senior Health Economist	Present for notes 1 – 9
Steve Pilling	NGA Clinical Advisor	Present for notes 1 – 9
Clifford Middleton	NICE Guideline Commissioning Manager	Present for notes 1 – 9
Gareth Haman	NICE Senior Medical Editor	Present for notes 1 – 9
Magdalena Watras (27 th only)	NICE observer	Present for notes 1 – 6

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Apologies:	
Jennifer Speller	Committee member
David Ekers	Committee member
Laura Kuznetsov	NGA Systematic Reviewer

1. Welcome and objectives for the meeting

The Chair welcomed the Committee members and attendees to the 27th Committee meeting for the Depression in adults guideline (day 1).

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. Two new interests were declared at the meeting.

Name	Role	Declaration of interest	Type of interest	Decision taken
Neil Nixon	Committee member	Site visit with ICON and COMPASS regarding acting as PI in a Phase III trial of a compound for treatment of resistant depression. There is no personal or direct payment involved.	Direct Non-financial professional and personal	Declare and participate Agreed by: GL, January 2022 Rationale: Not relevant to guideline as a Phase 3 study so not likely to influence recommendations
Satheesh Gangadharan	Committee member	Principal investigator for a grant from NIHR on "use of machine learning aided stratification of multiple long term conditions in people with LD	Indirect Non-financial professional and personal interest	Declare and participate Agreed by: GL, January 2022 Rationale: Not relevant to guideline

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

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account of the meeting.

4. Presentations – 27th Jan (day 1)

Morning presentations

The Chair introduced Hilary Eadon, NGA Guideline Lead who gave a presentation summarising the stakeholder comments that had been received.

The Chair introduced Steve Pilling, NGA Clinical Advisor who led a discussion on the comments relating to stepped care, guided self-help, the IAPT service and the role of PWPs.

The Chair introduced Odette Megnin-Viggars, NGA Senior Systematic Reviewer who led a discussion on the comments relating to the use of a hierarchy of interventions, shared decision-making and the delivery of psychological interventions.

Afternoon presentations

The Chair introduced Ifigeneia Mavranouzouli, NGA Senior Health Economist who led a discussion on the comments relating to the use of antidepressants (including a potential change in the risk:benefit ratio), choice of antidepressants and starting antidepressants.

The Chair introduced Hilary Eadon, NGA Guideline Lead who led a discussion on the comments relating to stopping antidepressants and lithium.

5. Questions and discussions

The committee discussed the stakeholder comments and suggested amendments to the recommendations in the guideline.

6. Any other business

None

7. Presentations – 28th Jan (day 2)

Morning presentations

The Chair introduced Hilary Eadon, NGA Guideline Lead who gave a presentation on the NICE publications policy.

The Chair introduced Odette Megnin-Viggars, NGA Senior Systematic Reviewer who led a discussion on the comments relating to routine outcome monitoring, psychological interventions, antidepressant medication for people at risk of suicide and exercise.

The Chair introduced Hilary Eadon, NGA Guideline Lead who led a discussion on

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the comments relating to monitoring, relapse prevention and further-line treatment.

Afternoon presentations

The Chair introduced Hilary Eadon, NGA Guideline Lead who led a discussion on the comments relating to ECT, chronic depression, depression with personality disorder and trauma-informed care.

The Chair introduced Ifigeneia Mavranezouli, NGA Senior Health Economist who led a discussion on the comments relating to the definitions of depression, use of pragmatic trials, the IAPT data set and interventions not included.

8. Questions and discussions

The committee discussed the stakeholder comments and suggested amendments to the recommendations in the guideline.

9. Any other business

None

Date of next meeting: 29th March 2022