Effectiveness of an Integrative Behavioral Health Program for the Management of Depression in Adults

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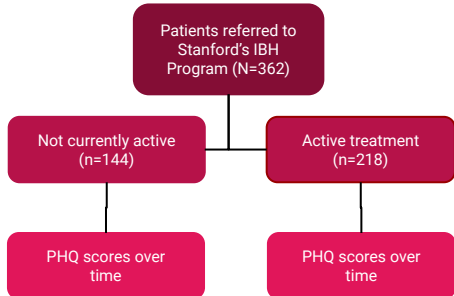
Background

- **41.5%** of US adults reported recent symptoms of anxiety or depression in 2021

- Roughly **1 out of 10** Americans reported having unmet mental health care need

- Integrative Behavioral Health (IBH) programs at Stanford screened and treat patients with depressive symptoms

- IBH programs can reduce emergency department and office visits for mental health

Objective: To analyze differences in **PHQ scores** over time between patients who **participated in the program's intervention** and **those who did not**, taking into account demographic, socioeconomic, and health-related variables.

Methods
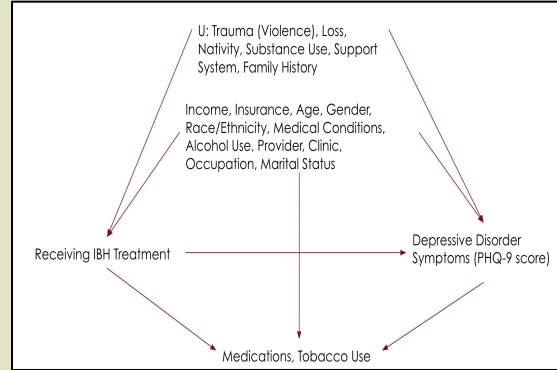
Study Design: Prospective cohort study

Methods (cont.)

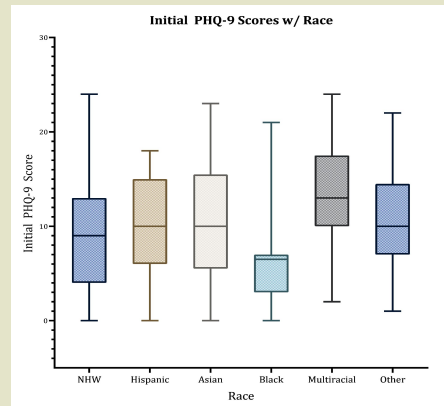**Fig.1**: Direct Acyclic Graph model of IBH program

Results

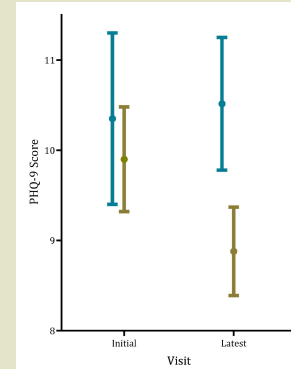**Fig. 2**: Initial PHQ-9 score distribution based on Race/Ethnicity

Fig. 3: PHQ-9 score after initial and latest clinical visit for active (gold) and enrolled (blue)

Discussion

- Potential racial disparity when it comes to depression screening and management

- Culturally tailored interventions for a more successful outcome

- Identifying barriers to depression improvement results in greater health equity among vulnerable populations

Future Work

- Conducting bivariate and multivariate analysis

- Analysis on medication and prior/current illness impact on PHQ score

- Rerun analysis at different time points to see how each cohort responses to treatment

- Subset analysis on race data

References/Acknowledgement