

# **Clinical effectiveness and cost-effectiveness of collaborative care for depression in UK primary care (CADET): a cluster randomised controlled trial**

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## Plain English summary

### CADET: a cluster randomised controlled trial

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## Plain English summary

Depression causes misery to many people and is a major health problem in the UK. Although effective treatments are available, many people do not have access to them and we are always looking for treatments that are easier and quicker for patients to receive. New ways of organising treatment have been developed in the USA but we do not know if they are better than usual care in the UK.

In this study we compared a way of organising treatment for depression called collaborative care with the usual care given by general practitioners (GPs). Collaborative care involves a care manager talking to patients regularly on the telephone to give advice about depression and increasing patient activity, helping people make the best use of medical treatments from their GP and co-ordinating care between GPs and specialists.

We found that the people seeing a care manager improved more than those receiving usual care. These results were seen at 4 months and 12 months after collaborative care started. We also found that collaborative care was affordable to the NHS. When we followed up people after 3 years we no longer found a difference between the groups. What seemed to make collaborative care work best was when patients were successful in carrying out more routine, pleasurable and necessary activities in their lives.

We recommend that any further research should concentrate on improving the treatments that care managers can use to help people as we think that the collaborative care system itself is effective and affordable.



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## This report

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The authors have been wholly responsible for all data collection, analysis and interpretation, and for writing up their work. The HTA editors and publisher have tried to ensure the accuracy of the authors' report and would like to thank the reviewers for their constructive comments on the draft document. However, they do not accept liability for damages or losses arising from the material published in this report.

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