

Collaborative care for Screen-Positive ElDeRs with major depression (CASPER plus): a multicentred randomised controlled trial of clinical effectiveness and cost-effectiveness

Katharine Bosanquet,¹ Joy Adamson,¹ Katie Atherton,² Della Bailey,¹ Catherine Baxter,² Jules Beresford-Dent,² Jacqueline Birtwistle,³ Carolyn Chew-Graham,⁴ Emily Clare,⁵ Jaime Delgadillo,^{1,6} David Ekers,^{7,8} Deborah Foster,¹ Rhian Gabe,^{1,9} Samantha Gascoyne,¹ Lesley Haley,⁸ Jahnese Hamilton,⁵ Rebecca Hargate,² Catherine Hewitt,¹ John Holmes,³ Ada Keding,¹ Helen Lewis,¹ Dean McMillan,^{1,9} Shaista Meer,³ Natasha Mitchell,¹ Sarah Nutbrown,¹ Karen Overend,¹ Steve Parrott,¹ Jodi Pervin,¹ David A Richards,¹⁰ Karen Spilsbury,¹ David Torgerson,¹ Gemma Traviss-Turner,³ Dominic Trépel,¹ Rebecca Woodhouse¹ and Simon Gilbody^{1,9*}

¹Department of Health Sciences, University of York, York, UK

²Leeds and York Partnership NHS Foundation Trust, Leeds, UK

³Leeds Institute of Health Sciences, University of Leeds, Leeds, UK

⁴Research Institute, Primary Care and Health Sciences, Keele University, Stoke-on-Trent, UK

⁵Northumberland, Tyne and Wear NHS Foundation Trust, National Institute for Health Research Clinical Research Network (Mental Health) North East and North Cumbria, Newcastle upon Tyne, UK

⁶Primary Care Mental Health Service, Leeds Community Healthcare NHS Trust, Leeds, UK

⁷Mental Health Research Group, Durham University, Durham, UK

⁸Research and Development Department, Tees, Esk & Wear Valleys NHS Foundation Trust, Middlesbrough, UK

⁹Hull York Medical School, University of York, York, UK

¹⁰University of Exeter Medical School, University of Exeter, Exeter, UK

*Corresponding author simon.gilbody@york.ac.uk

Declared competing interests of authors: Catherine Hewitt is a member of the Health Technology Assessment (HTA) Commissioning Board. David A Richards reports other National Institute for Health Research grants (NIHR) from the HTA programme (COBRA; CADENCE), a personal award (Senior Investigator) and a Programme Development Grant (ESSENCE) and the European Science Foundation during the conduct of the study. He is also a member of NIHR funding panels, including the Fellowships and Senior Investigator panels. Karen Spilsbury is a member of the NIHR Health Services and Delivery Commissioning Board. Simon Gilbody is a member of the HTA Evidence Synthesis Board and HTA Efficient Study Designs Board.

Published November 2017

DOI: 10.3310/hta21670

Plain English summary

Collaborative care for Screen-Positive Elders with major depression

Health Technology Assessment 2017; Vol. 21: No. 67

DOI: 10.3310/hta21670

NIHR Journals Library www.journalslibrary.nihr.ac.uk

Plain English summary

The ageing process increases the risk of depression in older people and, although depression is relatively common, it often goes unrecognised and untreated. Traditionally, feeling low was considered an inevitable part of growing old about which nothing could be done.

The CollAborative care for Screen-Positive EldeRs with major depression (CASPER) plus trial aimed to see if collaborative care, a new type of care involving a case manager who co-ordinates different aspects of a participant's care, could help to reduce depression severity. Case managers worked with participants for an average of six sessions over 7–8 weeks, mainly over the telephone. In order to test whether or not collaborative care worked, it was compared with usual general practitioner care. Each person taking part was given one type of care, which was decided by chance, similar to the roll of a dice, to make sure it was fair.

The trial took place in the north of England. In total, 485 older adults took part for up to 18 months. After 4 months, the results showed a statistically significant benefit for collaborative care relating to the primary outcome of depression severity. However, this improvement in people's mental well-being was not maintained in the longer term at 12 or 18 months. Collaborative care was more expensive than usual general practitioner care but, as it may have improved the quality of people's lives, particularly for people who had six or more sessions, it might be value for money.

ISSN 1366-5278 (Print)

ISSN 2046-4924 (Online)

Impact factor: 4.236

Health Technology Assessment is indexed in MEDLINE, CINAHL, EMBASE, The Cochrane Library and the Clarivate Analytics Science Citation Index.

This journal is a member of and subscribes to the principles of the Committee on Publication Ethics (COPE) (www.publicationethics.org/).

Editorial contact: journals.library@nhr.ac.uk

The full HTA archive is freely available to view online at www.journalslibrary.nhr.ac.uk/hta. Print-on-demand copies can be purchased from the report pages of the NIHR Journals Library website: www.journalslibrary.nhr.ac.uk

Criteria for inclusion in the *Health Technology Assessment* journal

Reports are published in *Health Technology Assessment* (HTA) if (1) they have resulted from work for the HTA programme, and (2) they are of a sufficiently high scientific quality as assessed by the reviewers and editors.

Reviews in *Health Technology Assessment* are termed 'systematic' when the account of the search appraisal and synthesis methods (to minimise biases and random errors) would, in theory, permit the replication of the review by others.

HTA programme

The HTA programme, part of the National Institute for Health Research (NIHR), was set up in 1993. It produces high-quality research information on the effectiveness, costs and broader impact of health technologies for those who use, manage and provide care in the NHS. 'Health technologies' are broadly defined as all interventions used to promote health, prevent and treat disease, and improve rehabilitation and long-term care.

The journal is indexed in NHS Evidence via its abstracts included in MEDLINE and its Technology Assessment Reports inform National Institute for Health and Care Excellence (NICE) guidance. HTA research is also an important source of evidence for National Screening Committee (NSC) policy decisions.

For more information about the HTA programme please visit the website: <http://www.nets.nhr.ac.uk/programmes/hta>

This report

The research reported in this issue of the journal was funded by the HTA programme as project number 10/57/43. The contractual start date was in September 2012. The draft report began editorial review in July 2016 and was accepted for publication in February 2017. 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 material published in this report.

This report presents independent research funded by the National Institute for Health Research (NIHR). The views and opinions expressed by authors in this publication are those of the authors and do not necessarily reflect those of the NHS, the NIHR, NETSCC, the HTA programme or the Department of Health. If there are verbatim quotations included in this publication the views and opinions expressed by the interviewees are those of the interviewees and do not necessarily reflect those of the authors, those of the NHS, the NIHR, NETSCC, the HTA programme or the Department of Health.

© Queen's Printer and Controller of HMSO 2017. This work was produced by Bosanquet *et al.* under the terms of a commissioning contract issued by the Secretary of State for Health. This issue may be freely reproduced for the purposes of private research and study and extracts (or indeed, the full report) may be included in professional journals provided that suitable acknowledgement is made and the reproduction is not associated with any form of advertising. Applications for commercial reproduction should be addressed to: NIHR Journals Library, National Institute for Health Research, Evaluation, Trials and Studies Coordinating Centre, Alpha House, University of Southampton Science Park, Southampton SO16 7NS, UK.

Published by the NIHR Journals Library (www.journalslibrary.nhr.ac.uk), produced by Prepress Projects Ltd, Perth, Scotland (www.prepress-projects.co.uk).

Health Technology Assessment Editor-in-Chief

Professor Hywel Williams Director, HTA Programme, UK and Foundation Professor and Co-Director of the Centre of Evidence-Based Dermatology, University of Nottingham, UK

NIHR Journals Library Editor-in-Chief

Professor Tom Walley Director, NIHR Evaluation, Trials and Studies and Director of the EME Programme, UK

NIHR Journals Library Editors

Professor Ken Stein Chair of HTA and EME Editorial Board and Professor of Public Health, University of Exeter Medical School, UK

Professor Andrée Le May Chair of NIHR Journals Library Editorial Group (HS&DR, PGfAR, PHR journals)

Dr Martin Ashton-Key Consultant in Public Health Medicine/Consultant Advisor, NETSCC, UK

Professor Matthias Beck Chair in Public Sector Management and Subject Leader (Management Group), Queen's University Management School, Queen's University Belfast, UK

Dr Tessa Crilly Director, Crystal Blue Consulting Ltd, UK

Dr Eugenia Cronin Senior Scientific Advisor, Wessex Institute, UK

Dr Peter Davidson Director of the NIHR Dissemination Centre, University of Southampton, UK

Ms Tara Lamont Scientific Advisor, NETSCC, UK

Dr Catriona McDaid Senior Research Fellow, York Trials Unit, Department of Health Sciences, University of York, UK

Professor William McGuire Professor of Child Health, Hull York Medical School, University of York, UK

Professor Geoffrey Meads Professor of Wellbeing Research, University of Winchester, UK

Professor John Norrie Chair in Medical Statistics, University of Edinburgh, UK

Professor John Powell Consultant Clinical Adviser, National Institute for Health and Care Excellence (NICE), UK

Professor James Raftery Professor of Health Technology Assessment, Wessex Institute, Faculty of Medicine, University of Southampton, UK

Dr Rob Riemsma Reviews Manager, Kleijnen Systematic Reviews Ltd, UK

Professor Helen Roberts Professor of Child Health Research, UCL Institute of Child Health, UK

Professor Jonathan Ross Professor of Sexual Health and HIV, University Hospital Birmingham, UK

Professor Helen Snooks Professor of Health Services Research, Institute of Life Science, College of Medicine, Swansea University, UK

Professor Jim Thornton Professor of Obstetrics and Gynaecology, Faculty of Medicine and Health Sciences, University of Nottingham, UK

Professor Martin Underwood Director, Warwick Clinical Trials Unit, Warwick Medical School, University of Warwick, UK

Please visit the website for a list of members of the NIHR Journals Library Board:
www.journalslibrary.nihr.ac.uk/about/editors

Editorial contact: journals.library@nihr.ac.uk