

Contents

Chapter 1 General introduction	21
1.1 Stepped care: a micro-, meso, and macroperspective	23
1.2 Key concepts and relevant developments	25
1.2.1 <i>Decision making in health care</i>	25
1.2.2 <i>Evidence-based guidance</i>	26
1.2.3 <i>Matched care, the alternative approach</i>	27
1.2.4 <i>Quality and efficiency improvement in health care</i>	29
1.3 Depression as a case example	31
1.3.1 <i>Symptoms, severity and comorbidity</i>	31
1.3.2 <i>Course and prognosis</i>	32
1.3.3 <i>Prevalence, health loss and costs</i>	33
1.3.4 <i>Evidence-based clinical practice guidelines</i>	34
1.4 Objectives and research questions addressed in this thesis	35
1.4.1 <i>Objectives</i>	35
1.4.2 <i>Research questions</i>	35
1.5 Outline of this thesis	36

Part I Stepped care and depression management

41

Chapter 2 Stepped care: concept and aims	43
2.1 Stepped-care: an old concept, a new future?	47
2.2 The stepped-care model	49
2.3 The microperspective: stepped-care as a treatment strategy	50
2.4 Sequencing interventions in stepped-care strategies	51
2.5 Decision support for stepped-care strategies	53
2.6 The mesoperspective: stepped-care service delivery	55
2.7 Aims of stepped-care from a macroperspective	56
2.8 Arguments pro and con stepped-care	57
2.9 Effectiveness of stepped care	59
2.10 Preliminary conclusions	61
Chapter 3 Management of depression care: concept and aims	63
3.1 Management of depression care: chronic care management	67

3.2	Chronic care management	68
3.3	The Chronic Care Model	69
3.4	Self-management support and stepped-care	69
3.5	Delivery system design and stepped care	70
3.6	Clinical information systems and stepped-care	71
3.7	Decision support and stepped-care	72
3.8	Outcomes management and clinical management	72
3.9	Interactions between the micro-, meso- and macrolevel: a depression care management process model	74
3.10	Conclusions	76

Part II Implementing stepped care 79

Chapter 4	A stepped-care programme for depression management: an uncontrolled pre-poststudy in primary and secondary care in the Netherlands	81
4.1	Introduction	85
4.2	Theory and methods	86
4.2.1	<i>Theory and hypothesis</i>	86
4.2.2	<i>Design</i>	87
4.2.3	<i>Setting and subjects</i>	87
4.2.4	<i>Intervention</i>	87
4.2.5	<i>Development and implementation</i>	88
4.2.6	<i>Data collection</i>	88
4.2.7	<i>Process and outcome measures</i>	89
4.2.8	<i>Analysis</i>	89
4.3	Results	89
4.3.1	<i>Patient characteristics</i>	89
4.3.2	<i>Number and reasons for consultation and referral</i>	92
4.3.3	<i>Adherence</i>	92
4.3.4	<i>Clinical implications according to care professionals</i>	93
4.3.5	<i>Implementation at end of the study</i>	94
4.3	Discussion	95
4.3.1	<i>General conclusions</i>	95
4.3.2	<i>Limitations of the study</i>	95
4.3.3	<i>Research implications</i>	95
4.3.4	<i>Further implementation</i>	97
4.5	Conclusion	98

Chapter 5 Quality improvement in depression care in the Netherlands: the Depression Breakthrough Collaborative. A quality improvement report	101
5.1 Introduction	105
5.2 Methods	108
5.2.1 <i>Improvement principles and goals</i>	108
5.2.2 <i>Breakthrough method</i>	109
5.2.3 <i>Data collection and analysis</i>	111
5.3 Results	112
5.3.1 <i>Diagnostic skills</i>	113
5.3.2 <i>Stepped-care approach</i>	114
5.3.3 <i>Monitoring of depression symptoms</i>	114
5.3.4 <i>Collaboration and integration</i>	116
5.3.5 <i>Knowledge and guidelines</i>	116
5.3.6 <i>Strengths and weaknesses of the breakthrough method</i>	116
5.3.7 <i>Influencing factors</i>	117
5.4 Discussion	118
5.5 Conclusion	120
Chapter 6 Screening and guided self-help intervention for anxiety and depression in patients with type 2 diabetes. A new role for diabetes nurses in primary care?	123
6.1 Introduction	127
6.2 Patients and methods	128
6.2.1 <i>Enrolment and screening of patients</i>	128
6.2.2 <i>Training programme for nurses</i>	130
6.2.3 <i>Guided self-help intervention</i>	130
6.2.4 <i>One-to-one guidance by DNs</i>	130
6.2.5 <i>Follow-up procedure</i>	131
6.2.6 <i>Assessment and main variables measured</i>	131
6.2.7 <i>Analysis methods and statistics</i>	131
6.3 Results	132
6.3.1 <i>Screening results</i>	132
6.3.2 <i>Effects on mental health status</i>	132
6.3.3 <i>Effects on health profile and quality of life</i>	132
6.3.4 <i>Process evaluation</i>	134
6.4 Discussion	135
Part III The effectiveness of depression care management and the cost-utility of stepped care	139

Chapter 7	Meta-analysis and meta-regression analysis explaining heterogeneity in outcomes of chronic care management for patients with depression: implications for person-centered mental health care	141
7.1	Introduction	145
7.2	Methods	146
7.2.1	Literature searches	146
7.2.2	Study inclusion and data extraction	147
7.2.3	Assessing sources of heterogeneity	148
7.2.4	Data analysis	148
7.3	Results	149
7.3.1	Results of the search strategy	149
7.3.2	Findings from systematic reviews	153
7.3.3	Findings from primary studies	154
7.3.4	Meta-analysis on treatment response	156
7.3.5	Meta-regression analysis on treatment response	157
7.3.6	Meta-analysis on treatment adherence	158
7.3.7	Meta-regression analysis on treatment adherence	161
7.4	Discussion	161
7.4.1	Findings from this study	161
7.4.2	Assumed sources of heterogeneity	162
7.4.3	Limitations of this study	163
7.4.4	Recommendations for future research	165
Chapter 8	The cost-utility of stepped-care algorithms according to depression guideline recommendations – results of a state-transition model analysis	167
8.1	Introduction	171
8.2	Methods	172
8.2.1	State-transition modelling approach	172
8.2.2	Target population	172
8.2.3	Guideline-congruent care	172
8.2.4	Comparator: care as usual	173
8.2.5	Stepped-care scenarios and reference scenarios	173
8.2.6	The health-economic simulation model	174
8.2.7	Analysis	176
8.3	Results	181
8.3.1	Two guideline-congruent stepped-care scenarios	181
8.3.2	Care-as-usual reference scenarios	182
8.3.3	Healthcare costs of stepped-care and usual care	183
8.3.4	Incremental effects	184
8.3.5	Cost-utility analysis	184
8.4	Discussion	186
8.4.1	Main findings	186
8.4.2	Limitations of this study	187
8.4.3	Implications for clinical practice	189
8.4.4	Conclusions	190

Chapter 9 General discussion	193
9.1 Main findings and what this thesis adds	195
9.1.1 <i>A microperspective</i>	195
9.1.2 <i>A mesoperspective</i>	197
9.1.3 <i>A macroperspective</i>	200
9.2 Theoretical and methodological considerations	202
9.2.1 <i>Scope</i>	202
9.2.2 <i>Models in this thesis</i>	203
9.2.3 <i>Study types</i>	203
9.2.4 <i>Limitations of our studies</i>	206
9.2.5 <i>Recommendations for further research</i>	208
9.3 Implications and recommendations for healthcare policy and practice	209
9.3.1 <i>Matched care, the articulated alternative</i>	210
9.3.2 <i>Care improvement through outcome monitoring</i>	211
9.3.3 <i>Quality standards and the merits of clinical guidelines</i>	212
9.3.4 <i>Person-centred mental health care</i>	213
9.4 In conclusion	214
References	217
Appendices	239
Table 7S1 <i>Overview of systematic reviews</i>	240
Table 7S2 <i>Overview of empirical studies</i>	246
Table 8S1 <i>Unit costs of care per type of care</i>	266
Table 8S2 <i>Estimates of care consumption in guideline-congruent care and care as usual (CAU) for mild episodes of major depressive disorder: type of care, number of units and costs of care per patient (in euros)</i>	267
Table 8S3 <i>Estimates of care consumption in guideline-congruent care and care as usual (CAU) for moderate and severe episodes of major depressive disorder: type of care, number of units and costs of care per patient (in euros)</i> ..	268
Table 8S4 <i>Distributions of the model parameters in the probabilistic sensitivity analyses (PSA) per health state</i>	269
Summary	271
Brief summary	275
Dutch summary Samenvatting	279
Dankwoord Acknowledgements	293
Curriculum Vitae	301
Curriculum Vitae	303
Selected publications	305