

Cambridge University Press  
978-0-521-87050-4 — Depression in Primary Care  
Edited by Simon Gilbody, Peter Bower  
Frontmatter  
[More Information](#)

---

## **Depression in Primary Care**

Evidence and Practice

---

Cambridge University Press  
978-0-521-87050-4 — Depression in Primary Care  
Edited by Simon Gilbody, Peter Bower  
Frontmatter  
[More Information](#)

---

# Depression in Primary Care

---

Evidence and Practice

Edited by

Simon Gilbody

Peter Bower



CAMBRIDGE  
UNIVERSITY PRESS

Cambridge University Press  
978-0-521-87050-4 — Depression in Primary Care  
Edited by Simon Gilbody, Peter Bower  
Frontmatter  
[More Information](#)

CAMBRIDGE  
UNIVERSITY PRESS

University Printing House, Cambridge CB2 8BS, United Kingdom  
One Liberty Plaza, 20th Floor, New York, NY 10006, USA  
477 Williamstown Road, Port Melbourne, VIC 3207, Australia  
314-321, 3rd Floor, Plot 3, Splendor Forum, Jasola District Centre, New Delhi - 110025, India  
103 Penang Road, #05-06/07, Visioncrest Commercial, Singapore 238467

Cambridge University Press is part of the University of Cambridge.  
It furthers the University’s mission by disseminating knowledge in the pursuit of  
education, learning and research at the highest international levels of excellence.

[www.cambridge.org](http://www.cambridge.org)  
Information on this title: [www.cambridge.org/9780521870504](http://www.cambridge.org/9780521870504)  
© Cambridge University Press 2011

This publication is in copyright. Subject to statutory exception  
and to the provisions of relevant collective licensing agreements,  
no reproduction of any part may take place without the written  
permission of Cambridge University Press.

First published 2011

*A catalogue record for this publication is available from the British Library*

*Library of Congress Cataloging in Publication data*

Depression in primary care : evidence and practice / [edited by] Simon Gilbody, Peter Bower.  
p. ; cm.  
Includes bibliographical references and index.  
ISBN 978-0-521-87050-4 (pbk.)  
1. Primary care (Medicine) 2. Depression, Mental. I. Gilbody, Simon M.  
II. Bower, Peter (Peter J.)  
[DNLM: 1. Depressive Disorder—therapy. 2. Primary Health Care—methods.  
3. Quality Assurance, Health Care—methods. WM 171]  
RC537.D43835 2011  
616.85 '27—dc22  
2010028674

ISBN 978-0-521-87050-4 Paperback

Cambridge University Press has no responsibility for the persistence or  
accuracy of URLs for external or third-party internet websites referred to in  
this publication, and does not guarantee that any content on such websites is,  
or will remain, accurate or appropriate.

.....

Every effort has been made in preparing this book to provide accurate and  
up-to-date information which is in accord with accepted standards and practice  
at the time of publication. Although case histories are drawn from actual cases,  
every effort has been made to disguise the identities of the individuals involved.  
Nevertheless, the authors, editors and publishers can make no warranties that the  
information contained herein is totally free from error, not least because clinical  
standards are constantly changing through research and regulation. The authors,  
editors and publishers therefore disclaim all liability for direct or consequential  
damages resulting from the use of material contained in this book. Readers  
are strongly advised to pay careful attention to information provided by the  
manufacturer of any drugs or equipment that they plan to use.

Cambridge University Press  
978-0-521-87050-4 — Depression in Primary Care  
Edited by Simon Gilbody, Peter Bower  
Frontmatter  
[More Information](#)

---

**Simon Gilbody:** To Cathy and the joyful chaos that is the  
Gilbody brood.

**Peter Bower:** To Luke and Nicki, for taking me  
away from all this.

Contents

<i>Notes on contributors</i>	<i>page ix</i>
<i>Preface</i>	<i>xi</i>
1    Depression in primary care Simon Gilbody	1
2    Models of care for depression Peter Bower and Simon Gilbody	17
3    Linking evidence to practice Peter Bower and Simon Gilbody	31
4    Anatomy of a review Peter Bower and Simon Gilbody	55
5    Education and training Simon Gilbody	73
6    Consultation-liaison John Cape, Craig Whittington and Peter Bower	81
7    Collaborative care Simon Gilbody	87
8    Referral Peter Bower	103
9    Summary of the evidence Peter Bower and Simon Gilbody	111
10   Making it happen Peter Bower and Simon Gilbody	117

Cambridge University Press  
978-0-521-87050-4 — Depression in Primary Care  
Edited by Simon Gilbody, Peter Bower  
Frontmatter  
[More Information](#)

**viii** Contents

11	United Kingdom perspective David Richards	127
12	United States perspective Stephen Thielke and Jürgen Unützer	137
13	Conclusions Peter Bower and Simon Gilbody	145
	<i>Index</i>	157

## Notes on contributors

### **Simon Gilbody**

Simon Gilbody is Professor of Psychological Medicine and Health Services Research at the University of York and Hull-York Medical School. He conducts reviews and clinical trials in primary care mental health, and is an honorary consultant in Primary Care Psychiatry. Simon is a longstanding contributor and editor within the Cochrane Collaboration.

### **Peter Bower**

Peter Bower is Reader in Health Services Research at the Health Sciences Research Group, University of Manchester, and the National Institute for Health Research National School for Primary Care Research. He has a longstanding interest in the effectiveness of mental health treatments and in outcomes research.

### **John Cape**

John Cape is Head of Psychology, Camden and Islington NHS Foundation Trust, and Visiting Professor, Division of Psychology and Language Sciences, University College London. He has a longstanding research interest in mental health in primary care and in the organization of mental health services between primary and secondary care.

### **Craig Whittington**

Since 2001, Craig has worked as the Senior Systematic Reviewer for the National Collaborating Centre for Mental Health, based at the British Psychological Society Centre for Outcomes Research and Effectiveness, University College London.

### **David Richards**

David Richards is Professor of Mental Health Services Research at Exeter University's Mood Disorders Centre. He has been extensively involved in the

**x**      Notes on contributors

---

Improving Access to Psychological Therapies programme, and runs a multi-centre research team funded by the Medical Research Council and the National Institute for Health Research, which develops and tests new models of delivering treatment.

### **Stephen Thielke**

Stephen Thielke is Assistant Professor in the Department of Psychiatry and Behavioral Sciences at the University of Washington and a researcher in the Geriatric Research, Education, and Clinical Center of the Puget Sound VA. His research focuses on health and healthcare utilization during ageing. He is developing predictive models for depression to help with the assessment, longitudinal monitoring, and treatment of mental health symptoms in older adults.

### **Jürgen Unützer**

Jürgen Unützer is Professor and Vice-Chair of Psychiatry at the University of Washington and an affiliate investigator at the Group Health Research Institute. A geriatric psychiatrist and health services researcher, Jürgen was the principal investigator of project IMPACT, a multisite study to improve care for late-life depression funded by the John A Hartford Foundation and the California HealthCare Foundation. As director of the AIMS Center focused on Advancing Integrated Mental Health Solutions, he has helped implement evidence-based collaborative care for depression and other common mental disorders in over 500 primary care clinics in the United States and several other countries.



## Preface

We both have a bit of a reputation as systematic reviewers, and a glance down our CVs means that we are guilty as charged. Frankly, it is not always the best reputation to have. Systematic reviews are sometimes seen as largely technical in nature, ignoring the complex and messy reality of healthcare delivery and reducing everything to a few calculations and a pretty graph. They are also seen as the preserve of methodologically and statistically minded types, the sort of people who are excessively concerned with minutiae and routinely miss the wood while comprehensively searching for the best concealed trees.

Part of the reason for creating this book was to show that reviews can be more than that – that it is possible to link the review process with complex policy issues, and to use the insights generated from reviews to assist in decision making in ways that go beyond simple statements about this or that being effective at such and such a level of significance. However, we also wanted to share our enthusiasm for reviews, because they are actually quite simple and potentially accessible to a wide range of people, and because they remain a crucial part of the scientific armoury and will only get more important as the amount, scope and complexity of research increases.

This book is not meant to provide an answer to the problems of delivering services for depression. The area is too complex, and too value-laden, to submit to such a straightforward approach. What we aim to do is show how the techniques of systematic review and evidence synthesis can be used to make sense of a large and complex literature, to challenge assumptions and provide fresh insights, and add to the debate about the best way to help patients in need. Although the aspiration of the systematic review enterprise is somehow to create a process that would lead to the same result, no matter who did the review, that will only ever remain an aspiration. Ambiguity and subjectivity have a way of creeping into the process, so that the final result is always up for debate. But it is precisely within those debates where the useful work begins.

We would like to acknowledge the many academic and clinical colleagues who have contributed to this endeavour. Some have contributed directly as authors, but we would also like to thank all those colleagues who have shaped our thinking about mental health research and service delivery over the years, and have

**xii** Preface

---

thus contributed in a more roundabout way. Multidisciplinary research being what it is, there are simply too many to name you all, but special thanks (in appropriately random order) go to Karina Lovell, Martin Roland, Linda Gask, Bonnie Sibbald, Anne Rogers, Michael King, Michael Barkham, Robert West, Andre Tylee, Rachel Churchill, Allan House, Trevor Sheldon, David Richards and David Torgerson.

We would also like to take the chance to acknowledge the support and patience of Nisha Doshi of Cambridge University Press and her help in completing this project. We realise that we were better at setting deadlines than meeting them, but we hope the final product makes the frustrations you faced along the way worthwhile.