

## OP13.1

### Evolution of depressive symptoms in patients starting treatment with antidepressant drugs

María Candelaria Ayuso(1), I Párraga(2), J López-Torres(1), S Morena(3), F Escobar(1), A Villena(4), JM Del Campo(5), J Rabanales(6)

(1) Albacete Area IV Health Centre, Health Care Service of Castilla-La Mancha, Spain

(2) La Roda Health Centre, Health Care Service of Castilla-La Mancha, Spain

(3) Hellín 2 Health Centre, Health Care Service of Castilla-La Mancha, Spain

(4) San Clemente Health Centre, Health Care Service of Castilla-La Mancha, Spain

(5) Almansa Health Centre, Health Care Service of Castilla-La Mancha, Spain

(6) Cuenca Faculty of Nursing, University of Castilla-La Mancha, Spain

Corresponding author: Mrs María Candelaria Ayuso, Sescam, Family Medicine, Albacete, Spain. E-mail: candeayuso@hotmail.com

**Objective:** To determine reducing depressive symptoms in patients who initiated treatment with antidepressants and analyze factors associated with treatment response.

#### **Material and Method:**

Design: Prospective longitudinal observational study.

Setting: Primary care of three health areas of Castilla-La Mancha.

Participants: 167 patients older than 18 who initiated antidepressant treatment.

Main measurements: intensity of depressive symptoms (validated 10-item scale Montgomery-Asberg Depression version), health status (CIAP-2 WONCA), consumed drugs, side effects, adherence (Morisky-Green) sociodemographic characteristics and other characteristics of participants.

Descriptive, bivariate regression and Cox statistical analysis.

**Results:** The mean age was 53.4 years (SD 15.7). Through Depression Scale Montgomery-Asberg an average score at study entry 21.5 (9.3 SD) and 8.4 (SD: 8.1) at 6 months was observed. The proportion of patients who responded to treatment (50% reduction of the Montgomery-Asberg score) was 34.7% (95% CI 27.9 to 42.2) after six months, achieving remission (post-treatment score  $\leq 9$ ) of symptoms 28.7% (95% CI 22.4 to 36.0) of patients interviewed. By Cox analysis the variables related to the response to antidepressant treatment were the history of previous depressive disorders (HR:5,2), no previous use of antidepressants (HR:7,2), antidepressant treatment prescribed by family doctor (HR:4,1) and increased attendance at family medicine clinics (HR:1,2).

**Conclusions:** One third of patients treated with antidepressants responded to them after 6 months and more than a quarter showed remission of depressive symptoms. It was found that the variables related to the response to antidepressant treatment are the previous disease, history of previous antidepressant treatment, the doctor who prescribed and attendance.