Depression in adults: treatment and management Committee meeting 16

**Date:** 21 & 22/11/2017

**Location:** RCOG, London

**Minutes:** DRAFT

<table>
<thead>
<tr>
<th>Committee members present:</th>
<th>Present for notes 1 – 12</th>
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<tbody>
<tr>
<td>Navneet Kapur (Chair)</td>
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<tr>
<td>June Brown</td>
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<tr>
<td>Jeremy Clarke</td>
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<td>David Ekers</td>
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<tr>
<td>Simon Gilbody</td>
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<td>David Hewison</td>
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<tr>
<td>Tony Kendrick</td>
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<tr>
<td>Neil Nixon</td>
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<tr>
<td>Louise O’Connor</td>
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<td>Catherine Ruane</td>
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<tr>
<td>Prishah Shah</td>
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<tr>
<td>Jennifer Speller</td>
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<tr>
<td>David Taylor</td>
<td>Present for notes 4 &amp; 9</td>
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<tr>
<td>Ed Watkins</td>
<td>Present for notes 1 – 12</td>
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<tr>
<td>Philip Wilkinson</td>
<td>Present for notes 1 – 12</td>
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<table>
<thead>
<tr>
<th>In attendance:</th>
<th>Present for notes 1 – 12</th>
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<tbody>
<tr>
<td>Gareth Haman</td>
<td>NICE Editor</td>
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<tr>
<td>Edgar Masanga (21 November only)</td>
<td>NICE Business Analyst</td>
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<tr>
<td>Clifford Middleton</td>
<td>NICE Guideline Commissioning Manager</td>
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<tr>
<td>Angela Bennett</td>
<td>NGA Guideline Lead</td>
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<tr>
<td>Sally Humphreys</td>
<td>NGA Project Manager</td>
</tr>
</tbody>
</table>
1. Welcome and objectives for the meeting on 21 November 2017

The Chair welcomed the Committee members and attendees to the sixteenth meeting on Depression in adults: treatment and management. The Committee members and attendees introduced themselves.

The Chair informed the Committee that apologies had been received. These are noted above.

The Chair outlined the objectives of the meeting, which included: responding to stakeholder comments, and considering the revised clinical and economic evidence for review questions, and reviewing recommendations.

2. Confirmation of matter under discussion, and declarations of interest

The Chair confirmed that, for the purpose of managing conflicts of interest, the matter under discussion was depression in adults: treatment and management.

The Chair asked everyone to verbally declare any interests that have arisen since the last meeting.

<table>
<thead>
<tr>
<th>Name</th>
<th>Job title, organisation</th>
<th>Declarations of Interest, date declared</th>
<th>Type of interest</th>
<th>Decision taken</th>
</tr>
</thead>
<tbody>
<tr>
<td>Dr June Brown</td>
<td>Senior Lecturer in Clinical Psychology, Institute of Psychiatry (IoP), Kings College</td>
<td>Submitted a grant proposal to NIHR for a feasibility study 21.11.2017</td>
<td>Non-personal financial non-specific</td>
<td>No action needed</td>
</tr>
<tr>
<td>Name</td>
<td>Institution and Roles</td>
<td>Date</td>
<td>Financial Interest</td>
<td>Action</td>
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<tr>
<td>Dr Jeremy Clarke</td>
<td>Psychological therapist, Newham Psychological Therapies, ELFT Senior Accredited DIT Supervisor, Southwark IAPT, Wandsworth IAPT, Sutton and Merton IAPT Consultant mental health adviser, Greater Manchester Combined Authority Research Associate, Centre for Humanities Engaging Science and Society, University of Durham</td>
<td>21.11.2017</td>
<td>No longer advising Ingeus</td>
<td>Not applicable</td>
</tr>
<tr>
<td>Prof Stephen Pilling</td>
<td>NGA Clinical Advisor</td>
<td>21.11.2017</td>
<td>Grant co-applicant Policy Research Unit, DH.</td>
<td>Personal financial non-specific</td>
</tr>
<tr>
<td>Prof Stephen Pilling</td>
<td>NGA Clinical Advisor</td>
<td>21.11.2017</td>
<td>Change of role to Head of Department, Clinical, Educational and Health Psychology</td>
<td>Non-personal financial non-specific</td>
</tr>
<tr>
<td>Prof Ed Watkins</td>
<td>Professor of Experimental and Applied Clinical Psychology</td>
<td>14.11.2017</td>
<td>Chief Investigator: Watkins CI and</td>
<td>Non-personal financial non-specific</td>
</tr>
<tr>
<td>Name</td>
<td>Position and Responsibilities</td>
<td>Date</td>
<td>Description</td>
<td>Action</td>
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<tr>
<td>Dr Philip Wilkinson</td>
<td>Chartered Clinical Psychologist Director of Sir Henry Wellcome Building for Mood Disorders Research Director of Research for DClinPsy Programme Director of SMART Lab</td>
<td>14.11.2017</td>
<td>PI for Exeter site and main trial European Commission Horizon 2020 Programme Collaborative Project. Project title: Assessing and Enhancing Emotional Competence for Well-Being (ECoWeB) in the Young: A principled, evidence-based, mobile-health approach to prevent mental disorders and promote mental well-being. 2018-2021</td>
<td>No action needed</td>
</tr>
<tr>
<td>Dr Philip Wilkinson</td>
<td>Consultant in Psychiatry of Old Age, Oxford Health NHS Foundation Trust and Honorary Senior Clinical Lecturer, University of Oxford</td>
<td>16.11.2017</td>
<td>Co-applicant on study in HTA programme: multi-centre trial of problem-adaptation therapy for depression in people with dementia. Non-personal financial specific, however population is outside of the guideline remit</td>
<td>No action needed</td>
</tr>
<tr>
<td>Dr Philip Wilkinson</td>
<td>Consultant in Psychiatry of Old Age, Oxford Health NHS Foundation Trust and Honorary Senior Clinical Lecturer, University of Oxford</td>
<td>22.11.2017</td>
<td>Co-writing online module on treatment of depression in older people for MindEd, hosted by RCPsych and funded by DoH. Honorarium on completion. Personal financial specific, however funding is from DoH and this is being written after guideline development is completed.</td>
<td>No action needed</td>
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</tbody>
</table>
The Chair and a senior member of the Developer’s team noted that the interests declared did not prevent the attendees from fully participating in the meeting.

3. Minutes of last meeting

The Chair asked the Committee if it wanted any changes made to the minutes of the last meeting. The Committee agreed that the minutes were a true and accurate account of the meeting.

The Chair confirmed that all matters arising had been completed or were in hand.

4. Presentations

The Chair outlined the objectives of the meeting.

The Chair introduced Angela Bennett, NGA Guideline Lead, who gave a presentation: Summary of general issues raised by stakeholders that do not require changes to the guideline.

The Chair introduced Odette Megnin-Viggars, NGA Senior Systematic Reviewer, who gave a presentation on evidence on acupuncture as a first line treatment for depression.

The Chair introduced Angela Bennett, NGA Guideline Lead, and Stephen Pilling, NGA Clinical Advisor, who gave a presentation: Summary of issues raised by stakeholders and agreeing if changes are needed to the guideline reviews on limited response/treatment resistant depression, chronic depression and relapse prevention.

The Committee discussed the issues presented in relation to this guideline.

The Committee thanked the speakers for their presentations and contribution to the development of the guideline.

5. Questions and discussion

The Committee were given the opportunity to propose responses to stakeholder comments, ask questions, discuss the revised evidence and amend recommendations and sections linking evidence to recommendations.
6. Service user and carer concerns

The lay members highlighted stakeholder comments related to service user choice.

7. Any other business

The Chair outlined the subsequent steps in guideline production.

8. Welcome and objectives for the meeting 22 November 2017

The Chair welcomed the Committee members and attendees to day 2 of the sixteenth meeting on Depression in adults: treatment and management. The Committee members and attendees introduced themselves.

The Chair informed the Committee that apologies had been received. These are noted above.

9. Presentations

The Chair outlined the objectives of the meeting.

The Chair introduced Stephen Pilling, NGA Clinical Advisor, who gave a presentation: First line treatment of more and less severe depression; Summary of issues raised by stakeholders, recommendations resulting from the NMA and economic models.

The Chair introduced Ifigeneia Mavranezouli, Senior Health Economist, who gave a presentation on: First line treatment of more and less severe depression, NMA - summary of changes and updated economic models.

The Committee discussed the issues presented in relation to this guideline.

The Committee thanked the speakers for their presentations and contribution to the development of the guideline.

10. Questions and discussion

The Committee were given the opportunity to propose responses to stakeholder comments, ask questions, discuss the revised evidence and amend recommendations and sections linking evidence to recommendations.

11. Service user and carer concerns

The lay members highlighted stakeholder comments related to service user experience.
<table>
<thead>
<tr>
<th>12. Any other business</th>
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<tbody>
<tr>
<td>The Chair outlined the subsequent steps in guideline production.</td>
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<tr>
<td>The Committee discussed the cut-off date for guideline evidence reviews.</td>
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