

## Depression in adults: treatment and management Committee meeting 18



**Date:** 22/03/2109  
**Location:** RCOG, London  
**Minutes:** CONFIRMED

<b>Committee members present:</b>	
Navneet Kapur (Chair)	Present for notes 2 – 7
Carolyn Chew-Graham	Present for notes 3 – 7
David Ekers	Present for notes 1 – 7
David Hewison	Present for notes 1 – 7
Anthony Kendrick	Present for notes 1 – 7
Neil Nixon	Present for notes 1 – 7
Louise O'Connor	Present for notes 1 – 7
Catherine Ruane	Present for notes 1 – 7
Prishah Shah	Present for notes 1 – 7
Jennifer Speller	Present for notes 1 – 7
Ed Watkins	Present for notes 1 – 7
Philip Wilkinson	Present for notes 1 – 7

<b>In attendance:</b>		
Clifford Middleton	NICE Guideline Commissioning Manager	Present for notes 1 – 7
Hilary Eadon	NGA Guideline Lead	Present for notes 1 – 7
Ifigeneia Mavranouzouli	NGA Senior Health Economist	Present for notes 1 – 7
Odette Megnin-Viggars	NGA Senior Systematic Reviewer	Present for notes 1 – 7
Stephen Pilling	NGA Clinical Advisor	Present for notes 1 – 7
Louise Geneen	NGA Systematic Reviewer	Present for notes 1 – 7
Katriona O'Donoghue	NGA Systematic	Present for notes 1 – 7

	Reviewer	
Stephanie Arnold (via VC)	NGA Information Scientist	Present for notes 1 – 7

**Apologies:**

June Brown	Committee Member
David Taylor	Committee Member
Simon Gilbody	Committee Member
Jeremy Clarke	Committee member
David Hewison	Committee member

**1. Welcome and objectives for the meeting**

Steve Pilling (NGA Clinical Advisor), on behalf of the Chair, welcomed the Committee members and attendees to the eighteenth meeting on Depression in adults: treatment and management.

Steve Pilling informed the Committee that apologies had been received. These are noted above.

Steve Pilling outlined the objectives of the meeting which were to review the protocols to allow an update of the guideline to be carried out.

**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.

Name	Job title, organisation	Declarations of Interest, date declared	Type of interest	Decision taken
Carolyn Chew-Graham	Professor of General Practice Research, Keele University	Vice-Chair Society for Academic Primary Care (SAPC)	Non-financial professional	Declare and participate Agreed by: GL, March 2019 Rationale: Not specific to guideline
Carolyn	Professor	Co-lead SAPC SIG, mental	Non-	Declare and

Chew-Graham	of General Practice Research, Keele University	health	financial professional	participate Agreed by: GL, March 2019 Rationale: Not specific to guideline
Carolyn Chew-Graham	Professor of General Practice Research, Keele University	Co-lead School for Primary Care Research (SPCR) group mental health	Non-financial professional	Declare and participate Agreed by: GL, March 2019 Rationale: Not specific to guideline
Carolyn Chew-Graham	Professor of General Practice Research, Keele University	Standing member, NICE Quality Standard Advisory Group (Manchester)	Non-financial professional	Declare and participate Agreed by: GL, March 2019 Rationale: Not specific to guideline
Carolyn Chew-Graham	Professor of General Practice Research, Keele University	I deliver training days ("management of people with mental health problems in primary care") to GP trainees for RCGP, NW Faculty.	Non-financial professional	Declare and participate Agreed by: GL, March 2019 Rationale: Not specific to guideline
Anthony Kendrick	Professor of Primary Care, University of Southampton	Editorial in BJGP on first-line choice of antidepressants, in which I was critical of Cipriani meta-analysis.	Non-financial professional	Declare and participate Agreed by: GL, March 2019 Rationale: Specific to guideline; criticism was of methodology

Anthony Kendrick	Professor of Primary Care, University of Southampton	Systematic review in Annals of Family Medicine on interventions for discontinuing antidepressants, relevant to guideline recommendations on minimising withdrawal problems.	Non-financial professional	Declare and participate apart from relevant question Agreed by: GL, March 2019 Rationale: Specific to guideline but only relevant to 1 review question. Abstain from revising recommendations for this question.
Anthony Kendrick	Professor of Primary Care, University of Southampton	Interviewed on Radio 4 about minimising antidepressant withdrawal problems.	Non-financial professional	Declare and participate apart from relevant question Agreed by: GL, March 2019 Rationale: Specific to guideline but only relevant to 1 review question. Abstain from revising recommendations for this question.
Neil Nixon	Consultant Psychiatrist and Director of Medical Education, Nottinghamshire	Meetings with LivaNova to discuss the potential place of Vagal Nerve Stimulation in local treatment pathways for depression (Nottingham) and possible future involvement in a multi-national trial. I have agreed to attend a meeting in Dusseldorf relating to this	Financial	Declare and participate Agreed by: GL, March 2019 Rationale: Not specific to guideline

	Healthcare NHS Trust	interest, sponsored by the company LivaNova.		as vagal nerve stimulation not included as an intervention.
Neil Nixon	Consultant Psychiatrist and Director of Medical Education, Nottinghamshire Healthcare NHS Trust	Meetings with Trust Pharmacy and representatives from Janssen to discuss the potential place of Esketamine in local treatment pathways for depression (Nottingham), subject to regulatory and other approvals.	Non-financial professional	Declare and participate apart from relevant question Agreed by: GL, March 2019 Rationale: Specific to guideline but only relevant to 1 review question. Abstain from revising recommendations for this question.
Catherine Ruane	Lay member	Co-author of BMJ editorial on late-life depression	Non-financial professional	Declare and participate apart from relevant question Agreed by: GL, March 2019 Rationale: Specific to guideline but only relevant to 1 review question. Abstain from revising recommendations for this question.
Prishah Shah	Lay member	Service user input on national clinical audit of services for	Direct Non-	Declare and participate

		depression and anxiety	financial professional interest	Agreed by: GL, March 2019 Rationale: Audit of services so not in conflict with guideline
Ed Watkins	Professor of Experimental and Applied Clinical Psychology	Publication of clinical trial examining CBT versus rumination-focused CBT in adult depression: Hvenegaard, M., Moeller, S.B., Poulsen, P., Gondan, M., Grafton, B., Austin, S.F., Kistrup, M., Rosenberg N.G.K., Howard, H., & <b>Watkins, E.R.</b> (2019). Group Rumination-focused cognitive behavioural therapy (CBT) versus group CBT for depression: phase II trial. <i>Psychological Medicine</i> . 1–9. <a href="https://doi.org/10.1017/S0033291718003835">https://doi.org/10.1017/S0033291718003835</a>	Non-financial professional	Declare and participate Agreed by: GL, April 2019 Rationale: Specific to guideline but only relevant to 1 intervention. Abstain from revising recommendations for this intervention.
Ed Watkins	Professor of Experimental and Applied Clinical Psychology	Publication of research trial examining prevention of depression in adults: Bot, M., Brouwer, I.A., Roca, M., Kohls, e., Penninx, B.W.J.H., <b>Watkins, E.</b> , van Groothest, G., Cabout, M., Hegerl, U., Gili, M., Owens, M., Visser, M. for the MoodFOOD Prevention Trial Investigators (2019). Effect of Multinutrient Supplementation and Food-Related Behavioral Activation Therapy on Prevention of Major Depressive Disorder Among Overweight or Obese Adults With Subsyndromal Depressive Symptoms. <i>JAMA</i> . 321(9):858-868.	Non-financial professional	Declare and participate Agreed by: GL, April 2019 Rationale: Not specific to guideline as about prevention of depression.

		doi:10.1001/jama.2019.0556		
Philip Wilkinso n	Consultan t in Psychiatry of Old Age, Oxford Health NHS Foundatio n Trust and Honorary Senior Clinical Lecturer, University of Oxford	Poster presentation at 24th Nordic Congress of Gerontology on management of late-life depression	Non- financial professi onal interest	Declare and participate apart from relevant question  Agreed by: GL, March 2019  Rationale: Specific to guideline but only relevant to 1 review question. Abstain from revising recommenda tions for this question.
Philip Wilkinso n	Consultan t in Psychiatry of Old Age, Oxford Health NHS Foundatio n Trust and Honorary Senior Clinical Lecturer, University of Oxford	Author of BMJ editorial on late- life depression	Non- financial professi onal interest	Declare and participate apart from relevant question  Agreed by: GL, March 2019  Rationale: Specific to guideline but only relevant to 1 review question. Abstain from revising recommenda tions for this question.
Philip Wilkinso n	Consultan t in Psychiatry of Old Age, Oxford	Member of project steering group of PGfAR Programme RP- PG-0217-20006: Multi-morbidity in Older Adults with Depression Study (MODS)	Non- financial professi onal interest	Declare and participate Agreed by: GL, March 2019

	Health NHS Foundation Trust and Honorary Senior Clinical Lecturer, University of Oxford			Rationale: Not specific to guideline
Philip Wilkinson	Consultant in Psychiatry of Old Age, Oxford Health NHS Foundation Trust and Honorary Senior Clinical Lecturer, University of Oxford	Author of narrative review of management of late life depression for Clinical Focus in Primary Care	Non-financial professional interest	Declare and participate apart from relevant question Agreed by: GL, March 2019 Rationale: Specific to guideline but only relevant to 1 review question. Abstain from revising recommendations for this question.

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. Service user and carer concerns

No issues were highlighted.

### 5. Presentations

The Chair introduced Hilary Eadon (NGA Guideline Lead) who gave a presentation

on the revised timelines and project plan.

The Chair introduced Odette Megnin-Viggars who presented the draft protocols for review questions 2.1 to 2.7, 3.0 and the protocol for a new review question on patient choice, 4.0, and gave an update on the searches for protocols 1.1, 1.2 and 2.8

The committee discussed the protocols and agreed changes and edits

**6. Any other business**

There was no other business to discuss.

**7. Next meeting**

The next meeting will be held on 21 May 2019 at RCOG.