



# Effective Health Care

## Effectiveness of Mental Health Centers

### Nomination Summary Document

#### Results of Topic Selection Process & Next Steps

- Effectiveness of mental health centers is important, but other topics have higher priority for limited program resources as informed by a recent stakeholder prioritization exercise and the existence of an in-process review on a closely related topic. No further activity on this topic will be undertaken by the Effective Health Care (EHC) Program.

#### Topic Description

**Nominator:** Individual

**Nomination Summary:** The nominator would like to see research on the effectiveness of mental health centers, mental health hospitals, and government run programs for mental health recovery. In particular, the nominator names the Wellness Center of Stockton, California. She states that the Wellness Center could be compared to other outpatient treatment programs operated by mental hospitals. The nominator is interested in finding the best form of recovery treatment for patients with any mental health disorder.

**Key Questions from Nominator:** None

#### Considerations

- Recently, AHRQ's DEcIDE mental health consortium considered a similar topic on service delivery, treatment settings, and structuring the delivery of care. A multidisciplinary group of stakeholders, including patients, providers, and policy makers, did not rate this topic as a research priority.
- The Effective Health Care Program has an in-process review relevant to the delivery of mental health care titled *Effectiveness of Interventions Addressing Concomitant Mental Health and Chronic Medical Conditions in the Primary Care Setting*. To view a description and status of the research review, please go to: <http://www.effectivehealthcare.ahrq.gov/index.cfm/search-for-guides-reviews-and-reports/>. Draft key questions from this report include:

##### Question 1

This question contains two parts:

- a. Among adults with chronic medical conditions and concomitant depression and/or anxiety (such as patients with diabetes and depression) treated in the primary care setting, what is the comparative effectiveness of service-level interventions aimed at improving the mental health condition or both the mental health and chronic medical conditions (when compared

to similar interventions or usual care) on intermediate depression/anxiety outcomes (e.g., symptom improvement)?

- b. Among adults with chronic medical conditions and concomitant depression and/or anxiety (such as patients with diabetes and depression) treated in the primary care setting, what is the comparative effectiveness of service-level interventions aimed at improving the mental health condition or both the mental health and chronic medical conditions (when compared to similar interventions or usual care) on other mental health outcomes (e.g., depression-related quality of life) and mental health-related utilization?

When possible, we will include subgroup analyses that focus on a relevant subset of participants for both a and b.

## **Question 2**

This question contains two parts:

- a. Among adults with chronic medical conditions and concomitant depression and/or anxiety (such as patients with diabetes and depression) treated in the primary care setting, what is the comparative effectiveness of service-level interventions aimed at improving the mental health condition or both the mental health and chronic medical conditions (when compared to similar interventions or usual care) on intermediate chronic medical outcomes (e.g., HbA1c for patients with diabetes)?
- b. Among adults with chronic medical conditions and concomitant depression and/or anxiety (such as patients with diabetes and depression) treated in the primary care setting, what is the comparative effectiveness of service-level interventions aimed at improving the mental health or both the mental health and chronic medical conditions (when compared to similar interventions or usual care) on general health outcomes (e.g., diabetes-related morbidity)?

When possible, we will include subgroup analyses that focus on a relevant subset of participants for both a and b.

## **Question 3**

**The following will be addressed in the context of the studies examined for Questions 1 and 2:**

What adverse effects are associated with service-level interventions for primary care patients with chronic medical conditions and concomitant depression and/or anxiety?

## **Question 4**

**The following will be addressed in the context of the studies examined for Questions 1 and 2:**

What are the characteristics of the service-level interventions addressing concomitant mental health and chronic medical conditions used in the primary care setting with regard to specific components and/or intensity (such as visit frequency, total number of contacts, provider discipline, use of self-management)?

## **Question 5**

**The following will be addressed in the context of the studies examined for Key Questions 1 and 2:**

What are the specific characteristics of the system where the interventions were delivered, with regard to such variables as organizational characteristics (i.e., decision support, level of integration, information technology, electronic medical record, presence of mental health services

on site, payer and service mix) or the relationship between elements of the system (i.e., coordination, financing of care, payment arrangements)?