



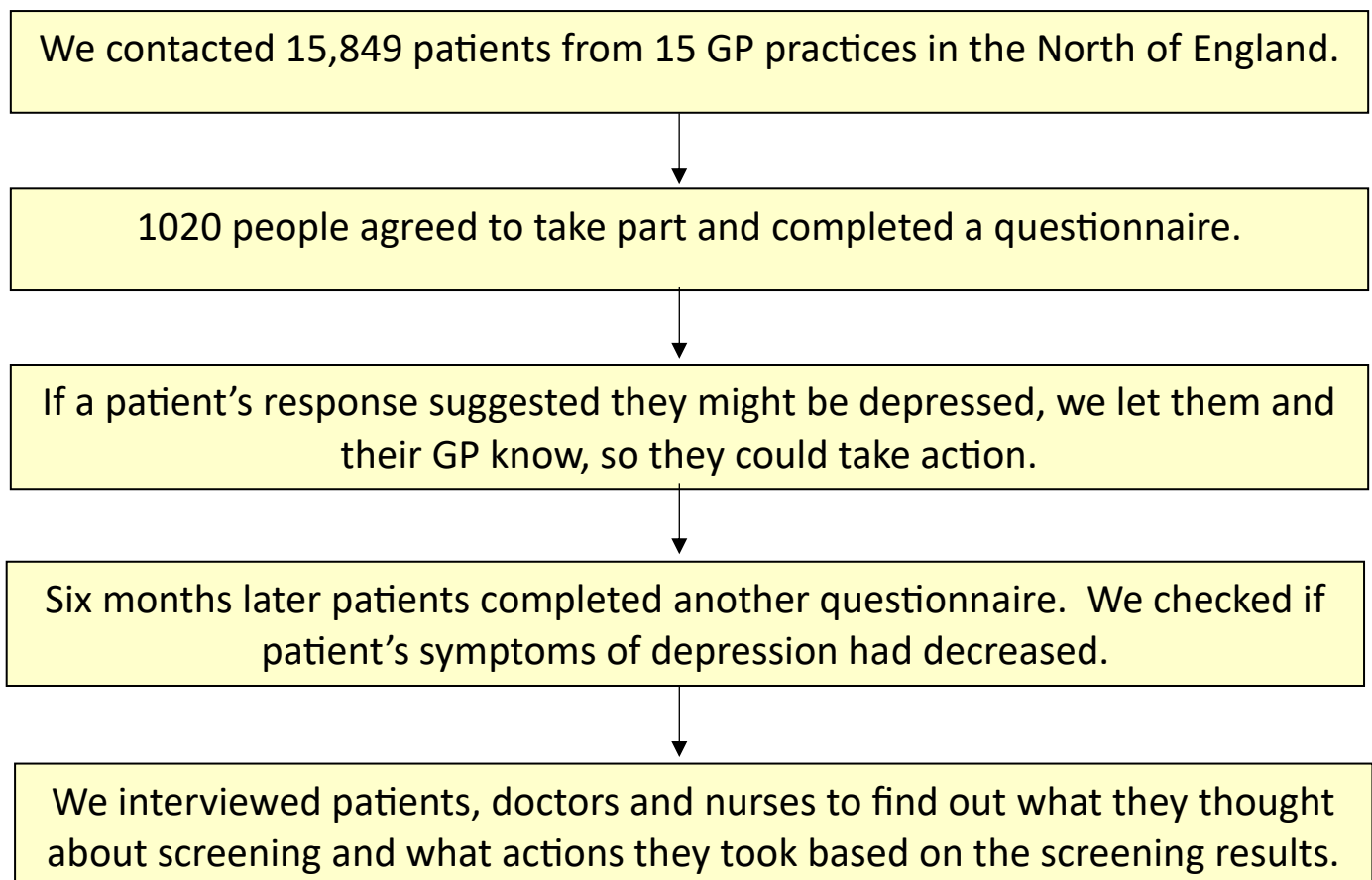
## **CASCADE - Case finding for depression in primary care: a regression discontinuity design study findings**

The study was run by Researchers at the University of York and at Tees, Esk and Wear Valles NHS Foundation trust. The National Institute for Health and Care Research – Research for Patient Benefit paid for the research.

### **Why we did the study?**

About a quarter of older people are depressed. Most do not receive help from the NHS. We wanted to know if screening older people for depression to get them the help they need – would reduce their symptoms of depression after six months.

### **What did we do?**



## What did we find out?

There was a very small decrease in patient's depression scores after 6 months for patients who had depressive symptoms

This wasn't enough to say that screening was helpful.

The additional cost of screening would not be good value for the NHS.

The interviews revealed that participants thought the study might help people talk to their GP about feeling depressed.

Some patients did not get the support they wanted from their GP.

Patients thought it would be a good idea to keep sending out the questionnaire after the study had finished.

Doctors and nurses who helped organise the study were not sure about this. They said they might not have the time and money. There were also concerns that very depressed people may not complete the form.

## What does this mean?

We believe that it is unlikely that the screening method used in our study will help people with depression feel better after six months.