# Impact of pharmacist interventions on adherence and patient outcomes among depressed patients.

Submission date	Recruitment status	<ul><li>Prospectively registered</li></ul>
22/11/2014	No longer recruiting	☐ Protocol
Registration date	Overall study status	Statistical analysis plan
30/12/2014	Completed	[X] Results
Last Edited	Condition category	Individual participant data
22/03/2016	Mental and Behavioural Disorders	

# Plain English summary of protocol

Background and study aims

Making sure major depressive disorder (MDD) patients take their antidepressant treatment (adherence to medication) is essential in managing their condition. Adherence to medication is a dynamic decision-making process, and pharmacists play an important role in improving adherence to antidepressant treatment in different settings within the health care system. Shared decision making (SDM) is a conversation between a patient and a healthcare professional whereby decisions are made about a patients treatment, taking into account what is important to both parties. Here, we want to test a pharmacist intervention (programme) based on SDM to see whether it improves adherence to medication and, ultimately, how successful the treatment is at treating MDD.

# Who can participate?

Adults (aged between 18-60) newly diagnosed with MDD.

# What does the study involve?

Patients are randomly allocated into one of two groups. Those in group 1 (intervention group) attend a SDM session with a pharmacist which focused on improving the patients involvement in decision making, their beliefs towards antidepressants and their knowledge about antidepressants. Those in group 2 do not attend a SDM session. Adherence to medication, severity of depression, health-related quality of life, patient satisfaction and the patients beliefs about medicine is assessed for all participants at the start of the study, 3 months after the study begins and then again at 6 months.

What are the possible benefits and risks of participating?

The study was designed to minimize any potential risks to the patients. Participants may benefit from intervention conducted in this study.

Where is the study run from? Al Amal Hospital (Saudi Arabia) When is the study starting and how long is it expected to run for? February 2014 to July 2014

Who is funding the study? Investigator initiated and funded (Saudi Arabia)

Who is the main contact? Khalaf Aljumah khalafaljumaah@yahoo.com

# **Contact information**

# Type(s)

Scientific

### Contact name

Dr Khalaf Aljumah

### Contact details

P.O.Box 33626 Riyadh Saudi Arabia 11458

# Additional identifiers

# Protocol serial number

N/A

# Study information

# Scientific Title

Impact of pharmacist interventions on adherence and measurable patient outcomes among depressed patients: a randomised controlled study

# Study objectives

The evidence relating to patients' active participation in depression treatment decision making supports the hypothesis that this will result in improved adherence, satisfaction, and improved clinical outcomes.

# Ethics approval required

Old ethics approval format

# Ethics approval(s)

AM2013-12

# Study design

Interventional prospective randomised controlled study with a 6-month follow-up

# Primary study design

Interventional

# Study type(s)

Quality of life

# Health condition(s) or problem(s) studied

Patients diagnosed with major depression disorders

### **Interventions**

The intervention focused on the enhancement of the patients' involvement in decision making, their beliefs towards antidepressants and their knowledge about antidepressants.

Pharmacists followed the SDM competency framework proposed by Simmons et al, which was designed specifically for depressed patients, to ensure the coverage of all aspects of SDM for each patient. Before the SDM session started, the research team distributed a decision aid, which was developed and validated by Aljumah et al. and was specified for Arabic-speaking patients, to patients in the intervention group (IG). The intervention focused on the enhancement of the patients' involvement in decision making, their beliefs towards antidepressants and their knowledge about antidepressants. The average time for the first SDM session (at baseline) was 15 minutes and 10 minutes for the remaining SDM sessions.

### Randomisation:

A simple randomisation process was used. Study participants were individually randomised to one of two parallel groups with an allocation ratio of 1:1 using a computer-generated list. The computer-generated allocation was done by a research assistant with no clinical involvement in the trial. Pharmacists and psychiatrists were not blinded to the patients' distribution between groups. The research assistant who collected all the data was blinded to the distribution of patients

# Intervention Type

Behavioural

### Primary outcome(s)

Adherence measured by Medication Adherence Scale (MMAS) at baseline, 3 months and 6 months

# Key secondary outcome(s))

- 1. Patients' beliefs about medicine measured by Beliefs About Medicine Questionnaire (BMQ)
- 2. Severity of depression measured by MADRS scale
- 3. Patients' involvement in decisions
- 4. Health-related quality of life measured by EuroQOL-5D
- 5. Patient satisfaction with treatment

Measured at baseline, 3 months and 6 months.

# Completion date

29/07/2014

# **Eligibility**

# Key inclusion criteria

- 1. Patients within the age range of 18 to 60 years
- 2. Patients newly diagnosed with a MDD, according to the scales in the Diagnostic and Statistical Manual of Mental Disorders, 4th Ed (DSM-IV)
- 3. Patients having no psychotic or bipolar history
- 4. Patients having no drug or dependency history
- 5. Patients having no cognitive impairment that may hinder the assessment

# Participant type(s)

**Patient** 

# Healthy volunteers allowed

No

# Age group

Adult

# Lower age limit

18 years

### Sex

Αll

# Key exclusion criteria

- 1. Patients having a psychiatric or bipolar disorder history
- 2. Patients having drug or dependency history.
- 3. Patients suffering from any cognitive impairment that may hinder the assessment
- 4. Patients not responding at any level to the antidepressant within 8 weeks of recruitment

# Date of first enrolment

10/02/2014

# Date of final enrolment

29/07/2014

# Locations

# Countries of recruitment

Saudi Arabia

# Study participating centre Al Amal Hospital

Shobah PO box 87904 Riyadh Saudi Arabia 11652

# Sponsor information

# Organisation

Al Amal Psychiatric Hospital

# **ROR**

https://ror.org/00zszzj16

# Funder(s)

# Funder type

Other

# Funder Name

Investigator initiated and funded (Saudi Arabia)

# **Results and Publications**

Individual participant data (IPD) sharing plan

# IPD sharing plan summary

Available on request

# **Study outputs**

Output type	Details	Date created	Date added	Peer reviewed?	Patient-facing?
Results article	results	16/09/2015		Yes	No
Participant information sheet	Participant information sheet	11/11/2025	11/11/2025	No	Yes