

Do General Practitioners Adhere to NICE Guidelines for Depression? Questionnaire Survey

**Supplementary Information for Web Version of Paper:
NICEDOC scoring**

NICE Depression Overall Concordance ('NICE DOC') Scoring

A global measure of GPs' adherence to the NICE guideline for depression no 23: Criteria for scoring is that a measurable standard in the areas examined is specified in the text of the quick reference version of the 2004 NICE depression guideline 23 or in the accompanying audit criteria (appendix, pp50-56). Numbers in brackets refer to relevant paragraphs in the guideline text.

NICEdrug + NICEtalk scores = NICE DOC score (maximum 31 points)

NICEdrug scoring (maximum 11 points)

Q3. Antidepressant choice

First line choice: SSRI (paragraph 1.5.2.13) - generic encouraged.: 1 point

Second line: Another SSRI, mirtazepine, any tricyclic including trazodone (but not dosulepin), moclobemide, reboxetine (1.5.2.24): 1 point for any

Deduct 1 point if any of the following mentioned as a first or second choice:

dosulepin, St John's Wort, lithium, phenelzine, mianserin (not recommended for initiation in primary care, venlafaxine (normally a 3rd line drug) or duloxetine (new, not covered in guideline)

Total max = 2 points.

Q4 When to prescribe Antidepressants

Mild depression: 1 point for saying *no* (generally not recommended, 1.4.3.1), 0 points for saying *yes*

Moderate: 1 point for *yes*

Severe: 1 point for *yes*

Somatic features present: 0 points (NICE makes no recommendation)

Alcohol excess: 0 points (? Inadvisable to prescribe but NICE makes no recommendation)

Moderate or severe depression with a clear identifiable cause: 1 point for *yes*

Suicidal: 1 point for *yes* (as must be severe enough to need antidepressants)

Total max = 5 points

Q5 Time Intervals for Prescribing

After initial recovery from single episode: 'should be taken for at least 6 months after remission' (1.5.2.11)

6 months or 'at least 6 months': 2 points

6 to 12 months: 1 point

Under 6 or over 12 months: 0 points

After 2 or more episodes in the recent past: 'continue for 2 years' (1.6.3.1) and possibly longer (1.6.3.2) on review later.

2 years or 'at least 2 years': 2 points

Mean is between 2 and 3 years: 1 point

Less than 2 years or more than 3 years: 0 points

Total max = 4 points

NICEtalk scoring (maximum 20 points)

Q1 Do you Screen?

'Screening should be undertaken in high risk groups' (1.3.1.1). 1 point for each of: past history of depression, heart disease, diabetes, 'other mental health problems' (eg dementia, schizophrenia). NICE refers to 'significant physical illnesses', QOF specifies coronary heart disease and diabetes.

Total max = 4 points

Screening method

'Clinical judgement' = 1 point

'Two question method' = 1 point' (Screening should include use of at least 2 questions', 1.3.1.3)

Formal rating scale eg PHQ-9 = 0 points (not specified by NICE. QOF only advises after identifying depression).

Total max = 2 points

Q6. Use of CBT

GP uses CBT or refers to someone who does = 1 point

Q7. Indications for Referral to Secondary Care

Max score = 1 point if any one or more of the following reasons specified (para 1.5):

significant risk eg of suicide, self neglect

treatment resistant (after at least 2 antidepressants & psycho-social care)

complex comorbidity or difficulty with diagnosis

psychotic depression

access to specialist service needed eg ECT, crisis team, inpatient care, need for complex psychological interventions eg mindfulness based CBT

No reasons given = 0 points. Also award 0 points in total if any *one* of the reasons given is uncomplicated severe depression (it could be managed in primary care), or reason is GP's own lack of knowledge or expertise.

Total max = 1 point

Q8: Non-Drug Approaches

1 point for each of the 12 approaches listed under general measures (1.4.1) and psychological treatments (1.4.2.). (NICE does not say GPs have to do problem-solving therapy or CBT themselves, only that whichever professional does so must be 'competent in the delivery of the treatment provided').

Total max = 12 points