PRIMARY CARE PATIENTS’ TRADE-OFF PREFERENCES WITH REGARD TO ANTIDEPRESSANTS

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Why?

A staggering number of up to 70% of patients are non-adherent.
GP: Could you tell me about your preferences regarding antidepressants?

Patient: Well let me see... I hope antidepressants prevent my complaints from coming back ... Ehhm I would like to have more energy ... Eh I don't want side effects such as feeling drowsy ... and I don't want to use it for too long.
More realistic: Trade-offs

Which option do you prefer?

**Antidepressant A:**
- Relapse of depression or anxiety in 5 out of 10 people
- A bit weight gain

**Antidepressant B:**
- Relapse of depression or anxiety in 2 out of 10 people
- Moderate to severe weight gain

Preference scale:
- Strong preference A
- Moderate preference A
- Indifferent
- Moderate preference B
- Strong preference B
Key aspects

**Efficacy**
- Relapse of depression or anxiety (5/10 vs. 2/10)
- Symptom relief (moderate vs. great extent)
- Additional psychotherapy (no vs. yes)

**Side effects**
- Decreased libido (bit vs. moderate-severe)
- Sweating (bit vs. moderate-severe)
- Weight gain (bit vs. moderate-severe)
- Stomach and intestine complaints (bit vs. moderate)

**Other treatment aspects**
- Alcohol use (Preferably not vs 2-3 glasses per day)
- Regimen duration (6 months vs. 1 year)
Calculation Importance of Each Key Aspect

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<td>Draws used per respondent: 10000</td>
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<td>Total iterations: 20000</td>
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<td>Number of respondents: 228</td>
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<td>Parameters per respondent: 9</td>
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| Pairs RMS | 2.019   | 2.058   |
| Avg Variance | 1.232 | 1.194   |
| Parameter RMS | 2.555 | 2.596   |
| Secs/Iteration | 0.008 |         |
| Time Remaining | 0:01:32 |         |

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Demographic & Clinical Characteristics

• N = 225
• 66% women
• M age 51.1 (SD = 13.5)
• 81% > 3 months use
• 61% treated with SSRI
• 37% additional psychotherapy
• 6% ever admitted to psychiatric ward
Relative Importance Each Key Aspect

Efficacy
- Relapse of depression or anxiety
- Symptom relief
- Additional psychotherapy

Side effects
- Decreased libido
- Sweating
- Weight gain
- Stomach and intestine complaints

Other treatment aspects
- Alcohol use
- Regimen duration

- 14%
- 14%
- 8%
- 12%
- 11%
- 15%
- 15%
- 6%
- 5%
Prediction Non-adherence

A benefit/drawback ratio (≤1) showed:

• 18% of the patients did consider the efficacy to be less than or equally important as the other aspects.

• significantly associated with intentional non-adherence (OR 0.2, 95% CI: 0.07-0.7, Wald = 6.7, \( p = 0.01 \))
How physician & pharmacist & patient benefit from this

**Physician & Pharmacist:**
- Do the benefits outweigh the drawbacks for this patient?
- What is important for this patient & should be emphasized?
- Is this patient at risk of non-adherence?

**Patient:**
- Do I think the benefits to outweigh the drawbacks?
- What is important to me?