

# Quality of Life of Patients Living with Treatment Resistant Major Depressive Disorder

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## Introduction / Background

Treatment Resistant Depression (TRD) is defined as a lack of improvement following adequate trials of two or more antidepressants (Malhi, G.S. et al, 2015).

Compared to patients without TRD, patients with TRD have:

- A mean episode duration more than twice as long (Kubitz, N. et al, 2013)
- Significantly higher rates of co-morbidities (Souery, D. et al, 2007)
- Almost a 7-fold increase in suicide attempts or self-inflicted injury (Feldman, R.L. et al, 2013)

## Methods

79 consecutive inpatients experiencing a TRD episode, receiving treatment at the Ramsay Clinic Albert Road, were invited to participate.

Participants completed:

- The Hamilton Depression Rating Scale (HAM-D)
- A patient administered Quality of Life questionnaire (AQoL-8D)
- A semi-structure interview of their depression history

A comprehensive chart review also occurred.

The AQoL-8 is a health related multi-attribute utility of QoL instrument that weights various responses by relative importance to the public of each attribute (Maxwell, A. et al, 2016). Higher scores are indicative of reduced quality of life.

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## Results

	Demographics	N (%)
Age	Mean	44.8
Sex	Female / Male	56/23 (70.9/29.1)
HAM-D	Mean	20.30
Episodes of Depression	Mean	4.43
Ave. No. Hosp Stays	Mean	11.59

## Conclusions

To the best of our knowledge, the quality of life for TRD patients has not been measured in the Australian context. The patient characteristics identified in this study are consistent with those reported for TRD globally.

The preliminary results show a patient population whose quality of life is significantly impaired, especially the psycho-social elements, compared to the general Australian population.

Interestingly the study population appear to have reported better physical health than the Australian population. This unexpected finding needs further exploration.

This data was collected during the 2021 COVID pandemic in Melbourne which included multiple community lockdowns. This did have an impact on recruitment however it is difficult to measure the influence this may have had on results.

A number of sub-analyses investigating treatments received, comorbidities and other data collected is currently under way.

These initial findings strongly support the need for better interventions in this disabled group.

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## AQoL Weighted Utility Scores

