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Publication Report

DIRECT-sc

**Depression Intervention via Referral, Education and Collaborative
Treatment – Self Care**

**Depression Self-Care Interventions for People with
Chronic Physical Conditions and Comorbid Depressive
Symptoms**



St. Mary's Research Centre
3830 Lacombe Avenue
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August 6, 2014

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**DIRECT-SC : DEPRESSION INTERVENTION VIA REFERRAL, EDUCATION, AND
COLLABORATIVE TREATMENT – SELF CARE**

Date of Report: August 6, 2014

Funding agency: Fonds de la recherche du Québec - Santé (FRQ-S)
1- La prise en charge de la dépression chez les adults atteints de
maladies physiques chroniques (2009-2013) (Dossier 16384)
2- Renouvellement (2013 – 2016) (Dossier 26888)

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recruiter), Joannie Poirier-Bisson (consulting psychologist)

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Publications and presentations

Investigators and trainees are listed in bold font, trainees/students are marked with an asterisk (*)

Manuscripts published

1. **McCusker J, Cole M, Yaffe M, Sussman T, Lavoie KL, Strumpf E, Sewitch M, Sahin D***, de Raad M. A feasibility study of a telephone-supported self-care intervention for depression among adults with a comorbid chronic physical illness in primary care. *Mental Health in Family Medicine*, 9(4):257-273, 2012.
2. **Sussman T, Yaffe M, McCusker J**, Burns V, **Strumpf E, Sewitch M**, Belzile E. A mixed methods exploration of family members'/friends' roles in a self-care intervention for depressive symptoms. *Journal of Chronic Illness*, 10(2):93-106, June 2014.
3. **Sahin D*, Yaffe MJ, Sussman T, McCusker J**. A mixed studies literature review of family physicians participation in research. *Family Medicine*, 46(7):503-514, July 2014.

Manuscripts accepted

1. **Simco R*, McCusker J, Sewitch M**. A systematic review of adherence to supported self-care interventions for depression and anxiety. *Health Education Journal*. Accepted October 31, 2013. In Press. Epub Jan.21, 2014, doi: 10.1177/0017896913514738.

Manuscripts submitted

1. **Simco R*, McCusker J, Sewitch M, Cole M, Yaffe M, Lavoie K, Sussman T, Strumpf E, Ciampi A, Belzile E**. Adherence to a telephone-supported depression self-care intervention for adults with physical chronic illnesses. Submitted to SAGE Open.
2. **Sahin D*, Yaffe M, McCusker J, Sussman T, Strumpf E, Sewitch M**. What Affects Family Physicians' Participation in Research: Outcomes from a Depression Self-care Study. *Family Medicine and Medical Science Research* (submitted on May 2014)
3. **Yaffe M, McCusker J, Cole M, Sussman T, Sahin D*, Belzile E, Sewitch M**. Can family physicians routinely coach patients' chronic illness self-care activities? *Canadian Family Physician*. Submitted on July 2014.

Conference presentations: 1) Researcher audience

1. **McCusker J, Sussman T, Cole M, Yaffe M, Lavoie K, Sewitch M, Strumpf E**. Development and preliminary evaluation of a self-care toolkit for primary care patients with comorbid depression and chronic physical illness. 2010 International Psychogeriatrics Association International Meeting. Santiago de Compostela, September 26-29, 2010.
2. **Simco R*, McCusker J, Yaffe M, Cole M, Sussman T, Lavoie K., Sewitch M, Strumpf E**. Improving primary care management of depression through a supported self-care intervention for adults with comorbid chronic physical illnesses. Canadian Coalition for Seniors' Mental Health 4th National Conference, Halifax, September 27-28, 2010.
3. **McCusker J, Sussman T, Yaffe M, Mireault M***. Symposium: Supporting depression self-care in primary care settings among older adults with chronic physical illnesses: perspectives of patients, their family members, and their doctors. Canadian Association on Gerontology, Annual Scientific and Educational Meeting, Montreal, December 2-4, 2010.

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4. **Simco R*, McCusker J, Sewitch M.** Adherence to self-care tools in studies of supported self-care for symptoms of depression or anxiety: a systematic search review. 3rd North American Congress of Epidemiology. Montreal, June 21-24, 2011.
5. **Yaffe M, McCusker J, Strumpf E.** How do family physicians view the use of self-care tools by depressed adults? 12th Canadian Collaborative Mental Health Care Conference. Halifax, June 23-25, 2011.
6. **McCusker J, Yaffe M, Cole M, Sussman T, Lavoie K, Sewitch M, Strumpf E, Simco R*.** The feasibility of delivering a supported depression self-care intervention in primary care for older adults with comorbid chronic physical illness. 40th Annual Scientific and Educational Meeting of the Canadian Association on Gerontology. Ottawa, October 21-23, 2011.
7. **Yaffe M, Sahin D*, McCusker J, de Raad M, Ibberson C, Sussman T, Lavoie K.** Factors affecting family physician recruitment to a project exploring the potential for self-care in the management of mild to moderate depression. Family Medicine Forum. Montreal, November 3-5, 2011.
8. **Sahin D*, Yaffe M, McCusker J, Sussman T.** Physicians' Attitudes to Supported Depression Self-care In Primary Care Settings for Older People With Chronic Diseases. North American Primary Care Research Group. Banff, November 12-16, 2011.
9. **McCusker J, Cole M, Yaffe M, Sussman T, Lavoie K, Strumpf E, Sewitch M, De Raad M.** A pilot study of a telephone-supported self-care intervention for depression among older adults with a chronic physical illness in primary care. 2012 Annual Canadian Association for Health Services and Policy Research Conference. Montreal, May 29-31, 2012.
10. **Bilsker D, Born L, Lau MA, McCusker J.** Symposium: Feasibility and effectiveness of self-care interventions for mental health disorders in primary care: Trends and challenges. Canadian Collaborative Mental Health Care Conference. Vancouver, June 15-16, 2012.
11. **McCusker J, Cole M, Yaffe M, Sussman T, Lavoie K, Strumpf E, Sewitch M, DeRaad M.** A pilot study of a telephone-supported self-care intervention for depression among older adults with a chronic physical illness in primary care. Canadian Collaborative Mental Health Care Conference. Vancouver, June 15-16, 2012.
12. **McCusker J, Cole M, Yaffe M, Sussman T, Lavoie K, Strumpf E, Sewitch M.** A pilot study of a telephone-supported self-care intervention for depression among older adults with co-morbid chronic physical illness in primary care. Canadian Coalition for Seniors' Mental Health and Canadian Academy of Geriatric Psychiatry National Conference. Banff, September 21-22, 2012.
13. **Sahin D*, Yaffe MJ, Sussman T, McCusker J.** The dynamics of physicians' involvement in primary care research: A mixed studies review (free-standing paper-oral presentation). Family Medicine Forum (FMF), 8th Annual Family Medicine Research Day. Toronto, November 14, 2012.
14. **Sewitch M, McCusker J, Yaffe M, Cole M, Sussman T, Strumpf E, Lavoie K, Simco R*, Belzile E.** Adherence to a supported depression self-care intervention as it relates to 6-month changes in physical health and activity in primary care patients with comorbid chronic physical illness (Project DIRECT-sc). 71st Annual Scientific Meeting of the American Psychosomatic Society. Miami, Florida, March 13-16, 2013. (Poster)
15. **McCusker J, Strumpf E, Cole M, Yaffe M, Sussman T, Lavoie K, Sewitch M.** Feasibility and effectiveness of a telephone-supported self-care intervention for depression among older adults with a chronic physical illness in primary care. Collectif de recherche sur les services de santé de première ligne au Québec. Montreal, June 13, 2013.
16. **McCusker J, Cole M, Yaffe M, Sussman T.** Challenges in implementing depression self-care interventions for adults with chronic physical illness. 14th Canadian Collaborative Mental Health Care Conference. Montreal, June 27-28, 2013.
17. **McCusker J, Strumpf E, Yaffe M, Cole M, Lavoie K.** Use of depression self-care tools at 3 months in a randomized trial: relation to patient characteristics and telephone support. 14th Canadian Collaborative Mental Health Care Conference. Montreal, June 27-28, 2013.(Poster)
18. **McCusker J, Cole MG, Yaffe M, Strumpf E, Sewitch M.** Telephone coaching increases adherence to depression self-care tools among primary care patients with chronic physical conditions: a randomized trial. 2014 CAHSPR Conference. Toronto, Ontario, May 13-15, 2014.

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McCusker J, Cole M, Yaffe M, Strumpf E, Sewitch M, Sussman T, Ciampi A, Belzile E. A supported self-care intervention for middle-aged and older primary care patients with depressive symptoms in association with chronic physical conditions: A randomized controlled trial. CCSMH-CAGP 2014 Joint Scientific Meeting. Toronto, Ontario. September 9-10, 2014.

Conference presentations: 2) Knowledge-user audience

19. **McCusker J, Yaffe M, Cole M, Sussman T, Lavoie K, Sewitch M, Strumpf E.** Improving primary care management of depression through a supported self-care intervention for adults with comorbid chronic physical illnesses. St. Mary's Hospital Center Annual Symposium on Research and Quality of Care. Montreal, November 18, 2009.
20. **McCusker J, Yaffe M, Cole M, Sussman T, Lavoie K, Sewitch M, Strumpf E.** Improving primary care management of depression through a supported self-care intervention for adults with comorbid chronic physical illnesses. St. Mary's Hospital Center Annual Symposium on Research and Quality of Care. Montreal, November 17, 2010.
21. **McCusker J, Yaffe M, Cole M, Sussman T, Lavoie K, Sewitch M, Strumpf E, Simco R*, Mireault M*.** The feasibility of delivering a supported depression self-care intervention in primary care for older adults with comorbid chronic physical illness. Journées bi-annuelles en santé mentale 2011. Montreal, May 9-11, 2011.
22. **Simco R*, McCusker J, Sewitch M.** A systematic review of adherence to supported self-care interventions for symptoms of depression or anxiety. Journées bi-annuelles en santé mentale 2011. Montreal, May 9-11, 2011.
23. **Sussman T, Mireault M*.** Self-care interventions for depression among adults with chronic conditions: Health professionals' views and family members' involvement. Journées bi-annuelles en santé mentale 2011. Montreal, May 9-11, 2011.
24. **McCusker J, Cole M, Yaffe M, Sussman T, Lavoie K, Strumpf E, Sewitch M.** Atelier/workshop: Les différents modèles d'autogestion des soins soutenu et les expériences sur le terrain. Journées annuelles en santé mentale 2012. Montreal, May 14, 2012.
25. **Yaffe M, McCusker J, Cole M, Sussman T, Sewitch M, Strumpf E, Lavoie K, Simco R*, Belzile E.** "Preliminary Summary of Results from DIRECT-sc RCT" Presentation, Clinique Sud-Ouest Verdun, Verdun, March 13, 2014.

Theses:

1. **Sahin, D*.** (Supervisor: **Yaffe, M**) Family physicians' attitudes to and support of research: A mixed methods analysis of physician participation in a study on depression self-care. Montreal: McGill Family Medicine Studies Online, 07: e07. 2012. <http://mcgill-fammedstudies-recherchemedfam.pbworks.com/w/page/59776890/MFMSO201207e07>
2. **Simco, R*.** (Supervisor: **McCusker, J**) Adherence to supported self-care interventions for depression: a systematic review and cohort study of patients with comorbid chronic physical illness. Montreal: McGill University Libraries, 2011. http://digitool.library.mcgill.ca/R/?func=dbin-jump-full&object_id=107819

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Internet materials:

1. **McCusker J, Yaffe M, Cole M, Sussman T, Lavoie K, Sewitch M, Strumpf E.** Project DIRECT-sc microsite on the Qualaxia Mental Health Network. <http://www.qualaxia.org/ms/direct-sc/index.php?lg=en> (last updated January 26, 2012).
2. **McCusker J, Yaffe M, Cole M, Sussman T, Strumpf T, Freeman E, Lavoie K.** DIRECT-sc Depression Intervention via Referral, Education and Collaborative Treatment – Self Care: Summary of research programme. <http://s3.amazonaws.com/stmary-research/attachments/000/000/567/original/394495f549e0137022dad0fccdd13fe9> (last updated March 24, 2014)