

CNS SPECTRUMS[®]

THE INTERNATIONAL JOURNAL OF NEUROPSYCHIATRIC MEDICINE

EXPERT PANEL SUPPLEMENT

CLINICAL MANAGEMENT OF MAJOR DEPRESSIVE DISORDER

AUTHORS

Laurence Mignon, PhD
Stephen M. Stahl, MD, PhD

ABSTRACT

Individuals with major depressive disorder (MDD) have high rates of disability, morbidity, and mortality, and are responsible for as many as one-fourth of all healthcare visits. Within primary care settings, 5% to 10% of adults have MDD, but only one-third of those are diagnosed. Thus, despite the devastating decrease in the quality-of-life and productivity of patients, depression is often under-diagnosed and therefore inadequately treated. Most patients with depression who are adherent with their treatment plan still experience residual symptoms, and require long-term treatment. Adequately managing residual symptoms will hopefully lead to increased remission in these patients. This supplement focuses on the different types of residual symptoms that patients experience and suggests various treatment options.

This activity is sponsored by Neuroscience Education Institute.



Copyright ©2009 MBL Communications, Inc. 333 Hudson Street, 7th floor, New York, NY 10013. Printed in the USA.
All rights reserved, including the right of reproduction, in whole or in part, in any form.

Accreditation and Credit Designation Statements

The Neuroscience Education Institute (NEI) is accredited by the Accreditation Council for Continuing Medical Education to provide continuing medical education for physicians.



The Neuroscience Education Institute designates this educational activity for a maximum of 1.0 *AMA PRA Category 1 Credit™*. Physicians should only claim credit commensurate with the extent of their participation in the activity.

Target Audience

This activity is designed to meet the educational needs of psychiatrists and others who treat patients with psychiatric conditions.

Learning Objectives

After completing this activity, participants should be better able to:

- Identify the most common residual symptoms of depression.
- Discuss comorbidities associated with depression.
- Implement individualized treatment strategies for patients with depression.

Date of Release/Expiration

Release date: November 2009; CME expiration date: October 2012.

Acknowledgment of Financial Support

The activity is supported by an educational grant from Lilly USA, LLC. For further information concerning Lilly grant funding visit, www.lillygrantoffice.com.

Activity Instructions

This CME activity is in the form of a printed supplement and incorporates instructional design to enhance your retention of the information and pharmacologic concepts that are being presented. You are advised to review this activity from beginning to end, and then complete the posttest and activity evaluation. The estimated time for completion of this activity is 1.0 hour.

NEI Disclosure Policy

It is the policy of the Neuroscience Education Institute to ensure balance, independence, objectivity, and scientific rigor in all its educational activities. Therefore, all individuals in a position to influence or control content development are required by NEI to disclose any financial relationships or apparent conflicts of interest that may have a direct bearing on the subject matter of the activity. Although potential conflicts of interest are identified and resolved prior to the activity being presented, it remains for the participant to determine whether outside interests reflect a possible bias in either the exposition or the conclusions presented.

These materials have been peer reviewed to ensure the scientific accuracy and medical relevance of information presented and its independence from commercial bias. NEI takes responsibility for the content, quality, and scientific integrity of this CME activity.

Disclosure Statements

Authors

Laurence Mignon, PhD, is a senior medical writer at the Neuroscience Education Institute in Carlsbad, CA. Dr. Mignon owns stock in Aspreva, Vanda, and Viro.

Stephen M. Stahl, MD, PhD, is an adjunct professor of psychiatry at the University of California, San Diego School of Medicine. Dr. Stahl receives research support from Forest Laboratories, Johnson & Johnson, Novartis, Organon, Pamlab, Pfizer, Sepracor, Shire, Takeda, Vanda, and Wyeth; is a consultant to Arena, Azur, Bionevia, Boehringer Ingelheim, Bristol-Myers Squibb, CeNeRx, Dainippon Sumitomo, Eli Lilly, Endo, Forest, Janssen, Jazz, Johnson & Johnson, Labopharm, Lundbeck, Marinus, Neuronetics, Novartis, Noven, Pamlab, Pfizer, Pierre Fabre, Sanofi-Synthelabo, Sepracor, Servier, Shire, SK, Solvay, Somaxon, Tetrigenix, and Vanda; and is on the speaker's bureaus of Pfizer and Wyeth.

Content Editor

Meghan Grady is the director of content development at the Neuroscience Education Institute in Carlsbad, CA. She has no other financial relationships to disclose.

Peer Reviewer

Alan Gelenberg, MD, is the president and CEO at Healthcare Technology Systems in Madison, WI; a clinical professor of psychiatry at the University of Wisconsin in Madison; a professor emeritus of psychiatry at the University of Arizona in Tucson; and editor-in-chief of the *Journal of Clinical Psychiatry*. Dr. Gelenberg receives research support from Eli Lilly, and is a consultant to Abbott, AstraZeneca, Eli Lilly, Forest, GlaxoSmithKline, Lundbeck, Otsuka America, Takeda, and Wyeth.

NEI Editorial Staff

The following are employed by Neuroscience Education Institute in Carlsbad, CA, and have no other financial relationships to disclose: Nancy Muntner, director of medical illustrations; Rory Daley, MPH, program development manager; and Steve Smith, president and chief operating officer.

Disclosed financial relationships have been reviewed by the Neuroscience Education Institute CME Advisory Board to resolve any potential conflicts of interest. All faculty and planning committee members have attested that their financial relationships do not affect their ability to present well-balanced, evidence-based content for this activity.

Disclosure of Off-Label Use

This educational activity may include discussion of products or devices that are not currently labeled for such use by the FDA. Please consult the product prescribing information for full disclosure of labeled uses.

Disclaimer

The information presented in this educational activity is not meant to define a standard of care, nor is it intended to dictate an exclusive course of patient management. Any procedures, medications, or other courses of diagnosis or treatment discussed or suggested in this educational activity should not be used by clinicians without full evaluation of their patients' conditions and possible contraindications or dangers in use, review of any applicable manufacturer's product information, and comparison with recommendations of other authorities. Primary references and full prescribing information should be consulted.

Participants have an implied responsibility to use the newly acquired information from this activity to enhance patient outcomes and their own professional development. The participant should use his/her clinical judgment, knowledge, experience, and diagnostic decision-making before applying any information, whether provided here or by others, for any professional use.