

What Outcomes Matter in Depression? Insights from Point-Allocation

Introduction

- Depression trials typically focus on symptom outcomes
- People with depression identify other outcomes
- Direct rating and rankings have limitations
- We used point-allocation to assess outcome priorities

Methods

- Participants had 100 points to assign across domains from two completed trials (CLASSIC and COBALT)
- MANCOVA explored group differences
- Multivariate general linear models explored prediction
- People with lived experience were involved throughout the study.

Table 1 – Domains from Each Trial

CLASSIC	COBALT
Symptoms of Depression (BDI-II)	Symptoms of Depression (BDI-II)
Symptoms of Anxiety (GAD7)	Symptoms of Anxiety (GAD7)
Self-esteem (RSES)	Panic (PRIME-MD)
Satisfaction (CSQ)	Remission from Depression (BDI-II)
Service-Use (CSRI)	Functioning (SF-12) Mental Subscale)
Employment (CSRI)	Functioning (SF-12 Physical Subscale)
Quality-of-life (EQ5D)	-

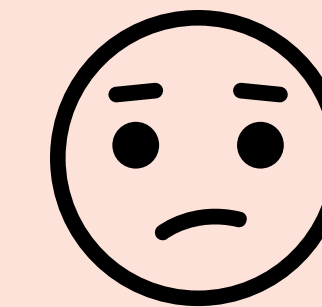
Aims:

To examine how stakeholders prioritise domains from two completed trials of cognitive behavioural therapy for depression
To explore similarities, differences, and predictors of domain importance.

Results



Minimal Symptoms
(n = 57)



Currently Symptomatic
(n = 108)



Clinicians
(n = 64)

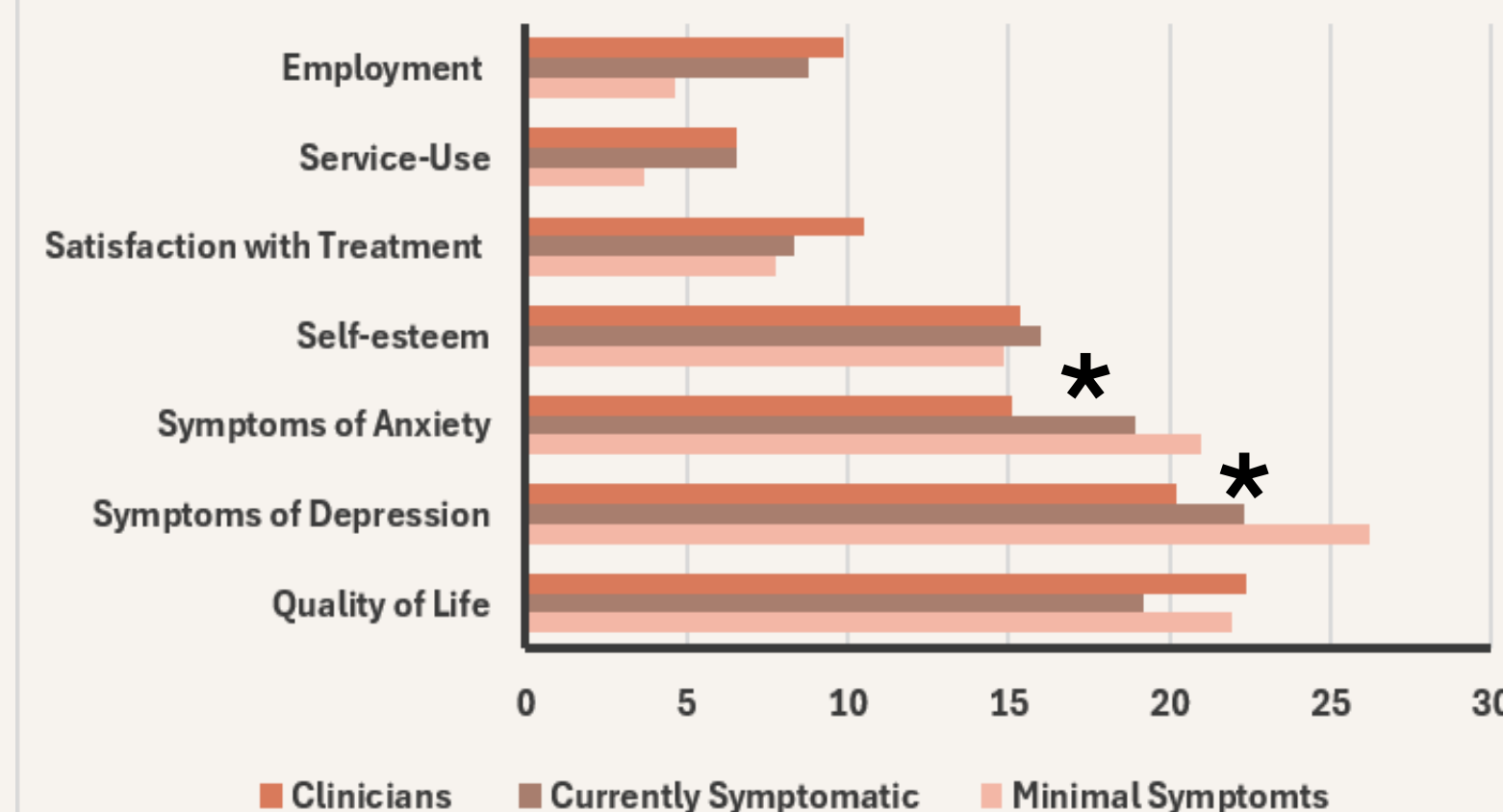
- No single domain dominated
- Differences were seen across the stakeholder groups
- Age predicted outcome importance in the full sample for anxiety symptoms
- Predictors of outcome priorities were only observed among currently symptomatic participants

Conclusions

- Depression symptoms are important, but balanced with other domains and differ across groups
- Quality-of-life was a top outcome but is rarely measured in depression trials
- This data sets the foundation for developing stakeholder-weighted composite outcomes that extend beyond symptom reduction alone

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CLASSIC Mean Points Assigned



COBALT Mean Points Assigned

