

Surveillance of Incidence of first time diagnosis of Early Onset Depression in the United Kingdom and Republic of Ireland (EOD-UK & ROI) in children aged 3-13 years.

Surveillance of Incidence of first time diagnosis of Early Onset Depression in the UK and ROI (EOD-UK & ROI) in children aged 3-13 years is due to begin in January 2019. The primary purpose of this study is to determine the incidence of first diagnosis of EOD in children between the ages of 3 years, and before the 13th birthday in the UK and ROI, as reported by consultants in child and adolescent psychiatry. In addition, the results of this study will provide detailed descriptions of the presentation and clinical features of children with EOD and the current and follow-up management strategies. Moreover, the study will allow us to examine the pathways by which EOD cases are referred, and the duration between symptom onset and diagnosis.

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Overview

There is very limited data on the epidemiology, presenting features and course of EOD. Evidence suggests that those who develop this condition are associated with a more than fourfold increase risk of suicide attempts compared with adult-onset. Increasing knowledge regarding the number of cases and presentation of these children to the NHS is important for recognition of the condition, planning of service provision and developing management approaches. This study will aid this by identifying all new cases of EOD in the UK and ROI presenting to a consultant child psychiatrist, allowing review of the presentation, management and outcome at 1 and 2 years.

Cases will be identified through the Child Adolescent Psychiatry Surveillance System (CAPSS). Consultants in child and adolescent psychiatry will be actively prospectively surveyed on a monthly basis for new cases of EOD. For each reported case, consultants will be asked to complete an initial questionnaire to ensure that the

case definition is met and to determine the secondary research objectives. Following the initial report, follow-up questionnaires will be sent after 12 and 24 months to ascertain information on short term outcomes.

Case definition: Please report any child aged between the ages of 3 years and less than 13 years seen and diagnosed with depression for the first time. If there have been previous undiagnosed episodes of depression please still report the case. There must be at least a 2 week duration of pervasive change in mood (dysphoria or irritability), and/or loss of previously enjoyable interest and pleasure. The symptoms must have been severe enough to impair relationships or activities and not be attributable to substance or medication use, other psychiatric disturbances, or to the direct physiological effects of a medical illness.

NB: This methodology will identify all cases of depression both primary and secondary.

This Includes:

- Any child between the ages of 3 years and less than 13 years old seen and diagnosed with depression in the previous month with at least a 2 week duration of pervasive change in mood (dysphoria or irritability), and/or loss of previously enjoyable interest and pleasure. The symptoms must have been severe enough to impair relationships or activities and not be attributable to substance or medication use, other psychiatric disturbances, or medical illness.

Exclusion criteria:

- A previous diagnosis of manic/hypomanic/mixed episode or bipolar disorder.

Duration

January 2019 to January 2023

Funding

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Ethical approval

This study has been approved by Research Ethics Committee (17/NE/0310), Confidentiality Advisory Group (17/CAG/0189), Public Benefit and Privacy Panel for Health and Social Care in Scotland (1718-0246-SHARMA) and has been granted HRA support to process patient identifiable information without consent.