

+ CASE STUDY

CHARACTERIZING CHRONIC PAIN
AND DEPRESSION

Given the strong link between chronic pain and depression, it's important to have highly sensitive and specific screening tools to identify susceptible patient populations for clinical care and research. However, these tools are not always available. In lieu of these screeners, our client engaged us to determine the feasibility of screening via a commonly used quality-of-life measure.

POPULAR QUALITY OF LIFE SCALE PROVES
BENEFICIAL IN IDENTIFYING SUSCEPTIBLE PATIENTS**The Challenge**

The Short Form-36 health survey (SF-36v2) is a widely used patient-reported measure that's useful in assessing health status and monitoring outcomes across both general and specific patient populations. Previous studies have supported the use of the SF-36v2 as an effective tool to classify patients with depression across different populations. However, the use of the SF-36v2 to identify depression in patients with chronic pain had yet to be studied.

The Kantar Health Difference

We utilized the National Health and Wellness Survey (NHWS) to assess the feasibility of using the SF-36v2 Mental Health (MH) domain and Mental Component Summary (MCS) scores in the classification of risk for major depressive disorder (MDD).

The NHWS includes a variety of measures in addition to the SF-36v2. Most importantly for the purposes of this study, it includes a widely used validated screener for

MDD – the Patient Health Questionnaire (PHQ-9). The presence of both measures within the same dataset allowed us to narrow in on a sample of chronic pain patients and then determine the best cut-off scores for the SF-36v2 metrics in predicting MDD as assessed by the PHQ-9. If found to be satisfactory using psychometric techniques, these cut-off scores could then be used in future studies of chronic pain patients when depression-specific screeners are not available.

Our results revealed that, in a representative sample of the U.S. general population, the SF-36v2 MH domain and MCS scales do have cut-off scores that are good predictors of MDD. Although the SF-36v2 was not explicitly designed to measure depression and should not replace clinical judgment, Kantar Health's study suggests that it could be used as an effective tool to better characterize the mental health of certain target populations when a depression questionnaire is not available.

FOR MORE INFORMATION, PLEASE CONTACT:

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WHY KANTAR HEALTH?

Kantar Health is a leading global healthcare consulting firm and trusted advisor to many of the world's leading pharmaceutical, biotech and medical device and diagnostic companies. It combines evidence-based research capabilities with deep scientific, therapeutic and clinical knowledge, commercial development know-how, and brand and marketing expertise to help clients evaluate opportunities, launch products and maintain brand and market leadership. Our advisory services span three areas critical to bringing new medicines and pharmaceutical products to market – commercial development, clinical strategies and marketing effectiveness.