THE BURDEN OF TREATMENT-RESISTANT DEPRESSION IN THE MATURE MARKETS

Introduction:
Patients with depression who do not respond satisfactorily to conventional antidepressant treatment are considered to have treatment-resistant depression (TRD). TRD is a major public health problem, which results in increased healthcare costs, the deterioration of the quality of life, and in severe scenarios, suicides.

Objectives:
To forecast the burden of TRD in the mature markets over the next ten years.

Methods:
We define TRD as a failure to respond after two or more antidepressant treatment trials of adequate dose and duration.

Our analysis is based on a systematic review of literature. We searched for published studies reporting TRD prevalence among drug-treated major depressive disorder (MDD).

The number of cases of MDD was derived using Decision Resources Group (DRG) prevalence estimates multiplied by the United Nations’ age- and gender-specific population estimates.

We applied the proportion of TRD among MDD cases to the prevalent MDD population to derive the prevalent cases of TRD across seven mature market countries: France, Germany, Italy, Japan, Spain, the United Kingdom, and the United States.

Results:
We estimate 35% of drug-treated MDD patients to be resistant to the treatment and hence to be TRD.

There are an estimated 7.5 million cases of TRD across the seven mature market countries in 2019 which will increase to 7.8 million in 2029. United States alone shares more than half the burden of TRD in these seven mature market countries in 2019.

The burden of TRD is expected to increase over the next decade in all the countries under study except Germany and Japan (Fig.2).

Conclusion:
The burden of TRD is expected to increase marginally in the mature market countries over the next decade, owing to increase in the prevalence of depression and changes in the absolute size of the population at risk.

References:

(Full bibliography will be provided on request)