### INTRODUCTION

- Major Depressive Disorder (MDD) affects 8.4% of US adults.1
- MDD symptoms can lead to reduced productivity, even among individuals treated with antidepressant medication.2
- Productivity is often considered in economic evaluation, but its importance to adults living with MDD is unclear.

### STUDY OBJECTIVES

- To quantify preferences for MDD patient-informed treatment attributes among adults with reduced productivity due to their MDD.
- To compare the relative importance of treatment attributes among adults with reduced productivity.

### METHODS

- **Design** – Cross-sectional web-based survey conducted from June 2021 to March 2022.
- **Sample** – 300 community-dwelling adults across the US who were 18 and older living with MDD.
- **Recruitment** – ResearchMatch.org study participant panel.
- **Inclusion criteria** – Age 18 years or older; diagnosed with MDD; and speak/read English.
- **Exclusion criteria** – Diagnosed with bipolar, psychotic or cognitive disorder; post-partum depression; or residing in an institutional setting.
- **Study Instrument**
  - **Telephone screener** – Research team determined eligibility and collected information on MDD treatment and Sheehan Disability Scale.
  - **Self-administered Survey** – discrete choice experiment (DCE); PHQ9 depression severity, diagnoses, medication use, and demographic characteristics.
  - **DCE** – 6 attributes, each with 3 levels (Table 1), orthogonal array design with 100 D-efficiency, and 6 choice tasks.

### RESULTS

- **MDD patients with > 2 days of reduced productivity had a significant preference for mode of treatment including Re/therapy/other services, but none of the treatment mode attribute levels were significant for those with ≤ 2 days of reduced productivity (Figure 1).**
- Both groups preferred 90% productivity improvement, but only those in the > 2 days group had a significantly lower preference for 40% improvement.
- The relative attribute importance for those with > 2 days lost productivity was highest for relationships, and for those in the ≤ 2 days out-of-pocket cost had the highest relative importance ranking (Figure 2).
- Productivity ranked fourth and fifth in relative attribute importance for > 2 days and ≤ 2 days of reduced productivity, respectively.

### DISCUSSION

- Preferences for patient-informed attributes of MDD treatment and outcomes vary by self-reported productivity loss in the past week.
- Typically used in economic evaluation, productivity did not emerge as most preferred attribute, even for those with > 2 days lost productivity.
- Economic evaluation should address heterogeneity in the importance of productivity.

### REFERENCES


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