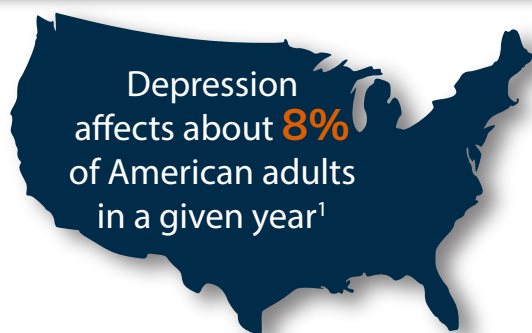


# A Patient and Caregiver's Guide: Recognizing and Responding to Residual Symptoms of Major Depressive Disorder (MDD)



MDD is a brain disorder that may affect your thoughts, feelings, behavior, and mood. It can be a recurrent, chronic, and seriously impairing disorder.<sup>2</sup>

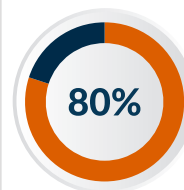
The most common symptoms of MDD are depression and loss of interest, but each patient has a unique experience.<sup>2</sup>

## Remission is the goal of depression treatment

However, only about 28% of individuals treated for MDD achieve remission following treatment with a single antidepressant.<sup>3</sup>

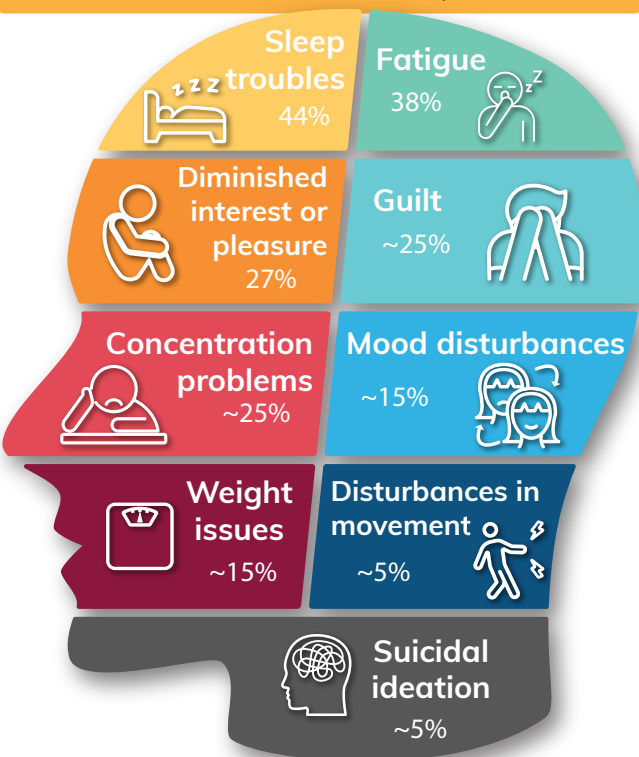
Inadequate response to antidepressant treatment is frequent (30-50%).<sup>11</sup>

Approximately 50% of individuals with MDD have an inadequate response to antidepressant treatment.<sup>4</sup> Patients not achieving remission typically suffer from troubling residual or lingering depressive symptoms.<sup>5</sup>



Over 80% of individuals with MDD continue to experience residual or lingering symptoms during the course of treatment.<sup>6</sup>

## Common Residual MDD Symptoms:<sup>12</sup>



## Why it's important to treat residual depressive symptoms:

Increased risk of depressive relapse and suicidality<sup>7,8</sup>



Poor social and work functioning<sup>9</sup>



Inadequately treated depression may lead to poor patient outcomes.<sup>10</sup>

## Management of Residual MDD Symptoms:<sup>11</sup>

↑ Increase the antidepressant dose



Switch to a different antidepressant



Switch to combination strategies\*

\*Combination strategies can include medication (another antidepressant or non-antidepressant drug) or talk therapy.



## Collaborating with Your Care Team

- Talk about ongoing symptoms that you may be having.
- Sometimes it is difficult to know if what you are experiencing is a symptom of mental illness. Tell your care team about any concerns you have.
- Ask your care team how you can manage symptoms in a way that works with your goals.

If you or someone you know is in crisis, call the Suicide Prevention Hotline/Lifeline at 1-800-273-TALK (8255) or text the Crisis Text line at 741-741.

**References:** 1. Brody et al 2018 NCHS Data Brief No. 303 2. World Health Organization. Fact Sheet on Depression. (2012) <http://www.who.int/mediacentre/factsheets/fs369/en/index.html> 3. Trivedi MH et al. Am J Psychiatry. 2006;163:28-40. 4. Sinyor M, Schaffer A, Levitt A: The sequenced treatment alternatives to relieve depression (STAR\*D) trial: a review. Can J Psychiatry. 2010; 55: 126-135. 5. Fava M. J Psychopharm. 2006;20(3):29-34. 6. Nierenberg AA et al. J Clin Psychiatry. 1999;60(4):221-225. 7. Pincus L et al. J Affect Disord. 2004;82(2):291-296. 8. Dold et al. Int J Neuropsychopharmacol. 2018; 21(6): 539-549. 9. Romera I et al. Eur Psychiatry. 2010;25(1):58-65. 10. Mago et al. BMC Psychiatry. 2019;18(33). 11. Rafeyan, R. et al. The Journal of Clinical Psychiatry. 2020; 81(3): OT19037BR3. 12. Papakostas, G. I. et al., J Clin Psychiatry. 2020; 81 (3): OT19037BR4.

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