

MHRN basics



- Established in 2010 under the umbrella of HCSRN
- Public-domain research centers embedded in 14 health systems
- Combined member/patient population approximately 22 million
- Core infrastructure funding via NIMH cooperative agreement
- **Our mission:** As a national model for learning mental healthcare systems, MHRN will:
 - Identify research questions that matter to patients, healthcare providers, and healthcare systems
 - Efficiently answer those questions with real-world research involving real-world patients and providers
 - Rapidly disseminate and implement research results

Overall disparities in mental health diagnoses and treatments

Racial-Ethnic Differences in Psychiatric Diagnoses and Treatment Across 11 Health Care Systems in the Mental Health Research Network

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- Depression, anxiety, and bipolar Disorder diagnoses over 12 mos. approx. twice as high in non-Hispanic White as in Black, Hispanic and Asian members (smaller differences for psychotic disorders).
- Among people with depression diagnoses:
 - Psychiatric medication use moderately higher among non-Hispanic White and Asian as among Black and Hispanic patients
 - Psychotherapy treatment rates moderately higher among Black and Native American patients than among non-Hispanic White, Hispanic, and Asian patients

Questions about disparities in depression treatment

- Is this confounding by insurance status or environmental conditions?
- Where in the care process do differences arise?
- At what level (patient, clinician, health system) do differences arise?


Confounding?No

Where in the care process?...Bigger disparities in treatment initiation and continuing medication

[Home](#) > [Journal of General Internal Medicine](#) > [Article](#)

Original Research | [Published: 08 February 2018](#)

Treatment Initiation for New Episodes of Depression in Primary Care Settings

[Beth Waitzfelder PhD](#) , [Christine Stewart PhD](#), [Karen J. Coleman PhD](#), [Rebecca Rossom MD, MS](#), [Brian K. Ahmedani PhD](#), [Arne Beck PhD](#), [John E. Zeber PhD](#), [Yihe G. Daida PhD](#), [Connie Trinacty PhD](#), [Samuel Hubley PhD](#) & [Gregory E. Simon MD, MPH](#)

[Journal of General Internal Medicine](#) **33**, 1283–1291 (2018) | [Cite this article](#)


5763 Accesses | 37 Citations | 567 Altmetric | [Metrics](#)

- Refilling initial antidepressant prescription only 50-60% as likely in Black, Hispanic, and Asian as in Non-Hispanic White patients
- No apparent confounding by insurance type, neighborhood characteristics, and clinical history

Depression and Anxiety

RESEARCH ARTICLE

The impact of race and ethnicity on rates of return to psychotherapy for depression

[John E. Zeber PhD](#), [Karen J. Coleman PhD](#) , [Heidi Fischer PhD](#), [Tae K. Yoon MS](#), [Brian K. Ahmedani PhD](#), [LMSW](#), [Arne Beck PhD](#), [Samuel Hubley PhD](#), [Zac E. Imel PhD](#) ... [See all authors](#) ▾

First published: 02 November 2017 | <https://doi.org/10.1002/da.22696> | Citations: 1


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- Only 53% with \geq moderate symptoms start any treatment
- Starting any treatment 60-65% as likely in Black, Hispanic, and Asian as in Non-Hispanic White patients
- No apparent confounding by insurance type, neighborhood characteristics, and clinical history

Depression and Anxiety

Research Article

ANTIDEPRESSANT ADHERENCE ACROSS DIVERSE POPULATIONS AND HEALTHCARE SETTINGS

[Rebecca C. Rossom M.D., M.S.](#) , [Susan Shortreed Ph.D.](#), [Karen J. Coleman Ph.D.](#), [Arne Beck Ph.D.](#), [Beth E. Waitzfelder Ph.D.](#), [Christine Stewart Ph.D.](#), [Brian K. Ahmedani Ph.D.](#) ... [See all authors](#) ▾

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- Returning for 2nd psychotherapy visit 85% as likely in Black, Hispanic, and Asian as in Non-Hispanic White patients
- No apparent confounding by insurance type, neighborhood characteristics, and clinical history

Focus on reducing disparities in treatment initiation :

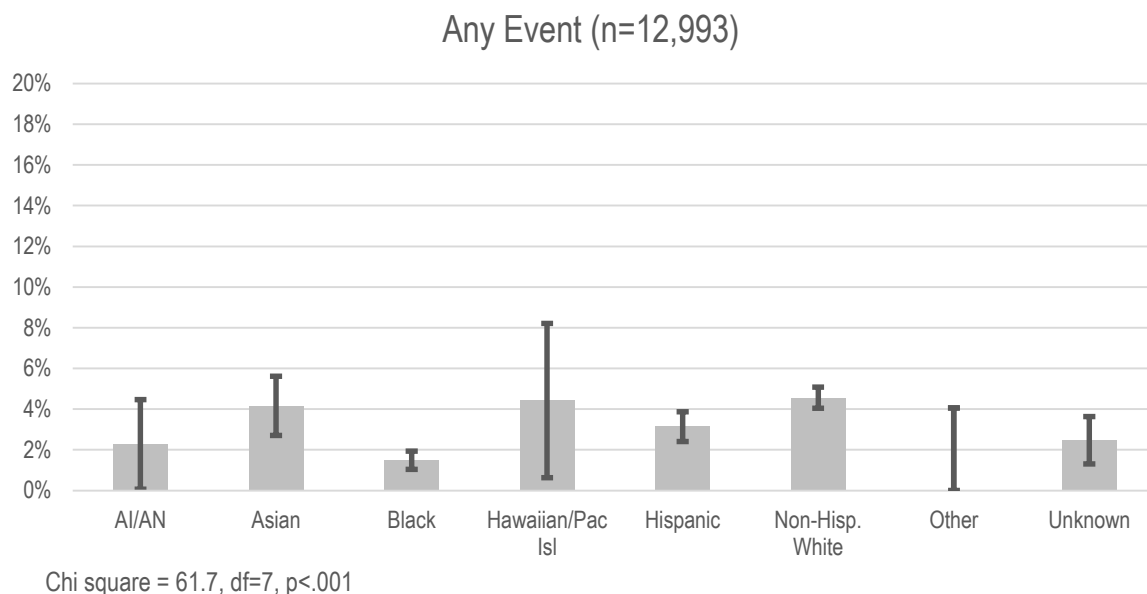
- Highest rate of “failure”
- Marked disparities by race and ethnicity
- Accommodates differences in values and preferences

Pilot trial of outreach to reduce disparities in depression treatment initiation :

- Testing low-intensity outreach for Black, Hispanic, and Asian patients who do not initiate specific depression treatment after new diagnosis
- Two MHRN health systems:
 - Henry Ford Health
 - KP Hawaii
- Formative/qualitative research followed by moderate-scale pilot testing
- Explicit consideration of values and preferences (getting what you need vs. getting what we think you need)

Next: Racial and ethnic disparities in use of clozapine

- Universally recommended for people with more severe or treatment-resistant psychotic disorders
- And very rarely used



Engaging with patient stakeholders

- Patient partners with full votes in governance
- Patient co-investigators in specific projects
- BUT may not represent those we most hope to hear from