

# Collaborative depression care beneficial in ob-gyn clinics

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(HealthDay)—An evidence-based collaborative depression care intervention adapted to obstetrics and gynecology clinics improves depressive and functional outcomes compared with usual care, according to a study published online May 6 in *Obstetrics & Gynecology*.

Jennifer L. Melville, M.D., M.P.H., from the University of Washington School of Medicine in Seattle, and colleagues assessed evidence-based collaborative [depression care](#) adapted to [obstetrics](#) and gynecology clinics versus usual care in a two-site randomized controlled trial. Participants included women who met criteria for major depression, dysthymia, or both, and were randomly allocated to receive 12 months of collaborative depression management (102 women) or usual care (103 women). Outcomes were compared at six, 12, and 18 months.

The researchers found that patients in the [intervention group](#) had greater improvement in [depressive symptoms](#) at 12 months (P

"Collaborative depression care adapted to women's health settings improved depressive and functional outcomes and quality of depression care," the authors write.

One author disclosed receiving royalties from a publishing company.

**More information:** [Abstract](#)  
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