

MAJOR DEPRESSIVE DISORDER PROVIDER PROFILE SURVEY

The North Carolina Service Center, Commercial Division surveyed 537 Commonwealth of Virginia non-medical practitioners who had seen at least one ValueOptions member with Moderate for Severe depression during 2008. The purpose of the survey was to explore the relationship of non-medical and medical providers in the treatment of Major Depressive Disorder.

Of the 537, 295 were contacted using an on-line survey tool, SurveyMonkey, and 242 using a mailed paper survey. An overall response rate of 42% was obtained.

Most providers said they would recommend a psychiatric medication evaluation for all but mild depression. Almost all received at least some referrals from both psychiatrists and PCP's.

For referrals from psychiatrists 73% of respondents reported that the psychiatrist had prescribed medication over 75% of the time. The rate of prescribing by PCP's was lower, with only 28% of respondents reporting that the PCP had prescribed over 75% of the time.

Feedback, especially on a regular basis, was more likely to be provided to psychiatrists than PCP's. Most providers reported that they were in independent practice, and they provided somewhat more regular feedback to psychiatrists than PCP's. Those who either worked for, or where supervised by, a psychiatrist provided far more feedback to the psychiatrist than to referring PCP's. The relatively small number of providers who worked for PCP's provided approximately the same level of feedback to the PCP as to the referring psychiatrist.

The pattern for recommending a psychiatric exam, for those patients not referred by a psychiatrist, varied widely. Twenty percent reported that they recommended an exam over 75% of the time, while almost the same percent (18%) reported recommending one less than 25% of the time.

Individualized reports will be sent to providers who responded to the survey showing how their response compared to the aggregate.