

**CENTRE DE RECHERCHE DE ST. MARY PRÉSENTE:**

**ST. MARY'S RESEARCH CENTRE PRESENTS:**

Les résultats d'une étude / Presentation of study results

**A pilot study of a telephone-supported self-care  
intervention for depression among older adults with a  
chronic physical illness in primary care**

~~~

**JANE MCCUSKER, MD, DrPH**

Professor, Department of Epidemiology, Biostatistics, and Occupational Health,  
**McGill University**  
*Principal Scientist*  
**St. Mary's Research Centre**

\*\*\*\*\*

**DATE ET HEURE / DATE AND TIME**

Jeudi le 23 février de 12:00 à 13:00  
Thursday 23 February from 12:00 to 13:00

**ENDROIT / LOCATION**

Psychiatrie, local: 3220 / Psychiatry, Room: 3220  
Centre hospitalier de St. Mary / St. Mary's Hospital Center

**Un léger dîner sera servi / A light lunch will be served**

**Bienvenue à tous / Everyone is welcome**

## ABSTRACT

**Objectives:** To determine the feasibility of implementing a telephone-supported self-care intervention for depression among depressed adults aged 40 and over with selected chronic physical illnesses in family practice settings.

**Methods:** Eligible subjects had at least mild depressive symptoms and one of the targeted chronic diseases. Participants received a multi-media package of informational and behavioral tools, with telephone support for up to 6 months. Assessment interviews were conducted by telephone at baseline, 2 months, and 6 months. Outcome measures at 6 months included: severity of depression symptoms (PHQ-9), mental and physical health (SF-12), and health behaviors.

**Results:** 63 eligible subjects provided written consent and completed the baseline interview; 57 (90%) completed the 2-month follow-up, and 55 (87%) completed the 6-month follow-up interview. At 2 months, 64.9% had completed one or more informational tools, and 40.4% had completed a behavioral tool. There were significant declines at 6 months in the PHQ-9 and SF-12 mental summary scores, and improvements in some health behaviors. Use of a behavioral tool at 2 months was associated with a greater improvement in depressive symptoms at 6 months.

**Conclusions:** A telephone-supported self-care intervention was feasible and potentially effective.