

RESEARCH SPOTLIGHT ON

# Mental Health



From the stigma of mental illness to the lack of evidence-based treatments, patients and families face significant barriers to accessing quality mental health care. The need to improve our approach to mental and behavioral health is made more urgent by the prevalence and burdensome nature of mental health conditions.

According to the National Institutes of Health, about **43.6 million American adults** had a mental health condition in 2014. About **one in five children** ages 13 through 18 have or previously had a debilitating mental disorder. Mental illness costs the country at least **\$467 billion** in 2012.

About **21.5 million adults** were classified as having a substance use disorder in 2014, according to the Substance Abuse and Mental Health Administration. Nearly **8 million adults** had both a substance use disorder and a mental health condition.

As of March 2017, PCORI has awarded

**\$301** MILLION TO FUND **87**

comparative clinical effectiveness research studies related to mental health

## Building a Robust Research Portfolio

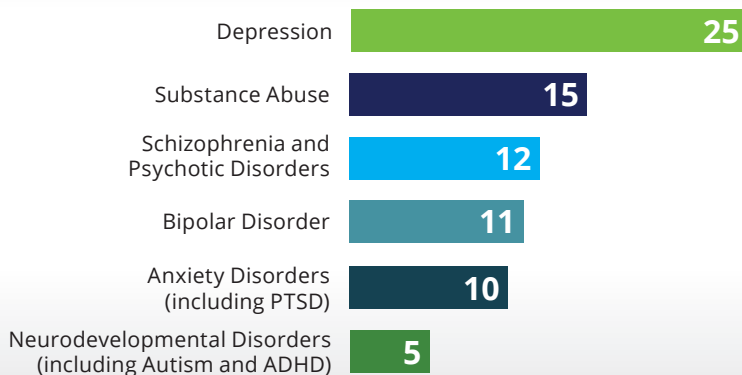
Effective treatment options exist for most mental disorders, but patients and clinicians face challenges in selecting therapies that address treatment side effects and account for patients' characteristics and preferences.

PCORI funds **comparative clinical effectiveness research (CER)** that helps people make better-informed healthcare choices by finding out which healthcare options work best for which patients, based on their needs and preferences.

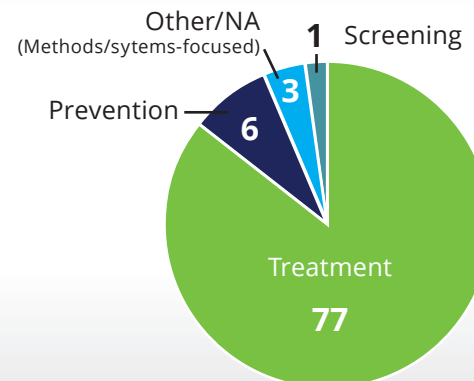
### BY THE NUMBERS

*By number of projects*

#### Top Conditions Addressed



#### Areas of Care Addressed



## Building Capacity for Patient-Centered Research

PCORI is investing in people and infrastructure to support high-quality patient-centered research for years to come.

**PCORnet, the National Patient-Centered Clinical Research Network**, will enable us to learn from the data and experiences of more than 145 million Americans. It is building capacity for mental health research and other studies by supporting patient-driven networks and helping them connect with researchers who study similar topics.



The **MoodNetwork** is a PCORnet patient-powered research network (PPRN) that aims to build a community of people with depression and bipolar disorder, clinicians, and researchers dedicated to improving lives of people with mood disorders.

The **Community Partnered Participatory Research Network** is another PCORnet PPRN. It focuses on addressing persistent racial and ethnic disparities among adults and adolescents at risk for behavioral health conditions.

## STUDY SPOTLIGHTS

### Ensuring Access to Mental Health Services

PCORI dedicates part of its research budget to funding large-scale clinical trials that have the potential to fundamentally shift clinical practice. Two of these projects are focused on access to mental health services, which is a critical issue for patients, caregivers, and health professionals. Less than half—41 percent—of the U.S. adults with a mental health condition and just over half of the children ages 8 through 15 received care for their conditions in 2014, according to the National Alliance for Mental Illness.

### Integrating Behavioral Health and Primary Care

This study focuses on whether integrating behavioral health with primary care services, compared with simply locating them in the same place, leads to better outcomes for patient health and functioning. The study will show whether and how best to use behavioral health services. The research will track 1,800 patients across 30 practices over five years.

**ENGAGEMENT PARTNERS:** Patients, local scientists, doctors, nurses, and psychologists

**LEAD RESEARCHER:** Benjamin Littenberg, MD, University of Vermont and State Agricultural College

**YEAR APPROVED:** 2015

**PROJECT BUDGET:** \$19 million

### Integrated versus Referral Care for Complex Psychiatric Disorders in Rural Health Centers

This study will determine whether it is better to treat patients with post-traumatic stress disorder (PTSD) and bipolar disorder through integrated care or using telemedicine technology to facilitate referrals to local mental health specialists.

**ENGAGEMENT PARTNERS:** A consumer advisory board composed of patients with PTSD and bipolar disorder as well as representatives from consumer advocacy groups; a policy advisory board is populated by primary care providers and representatives from rural health and telemedicine providers.

**LEAD RESEARCHER:** John C. Fortney, PhD, University of Washington

**YEAR APPROVED:** 2015

**PROJECT BUDGET:** \$12 million