



RESEARCH SPOTLIGHT ON

# Mental and Behavioral 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.

**43 MILLION**

adults in the United States had a mental health condition in 2015

**\$467 BILLION**

Estimated financial cost of mental health disorders in 2012

*Source: National Institutes of Mental Health*

## Research Addressing Questions That Matter

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



### CAREGIVER

Could working with a family navigator, such as a peer coach or counselor, help me get the best possible care for my child's mood and behavior problems?



### CLINICIAN

Can health care providers like me use telehealth to deliver mental health services as effectively as in-person care to patients in rural areas?

## STUDY SPOTLIGHT

### 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 health and ability to function. The study, led by Benjamin Littenberg at the University of Vermont and State Agricultural College, will show whether and how best to use behavioral health services.

## STUDY SPOTLIGHT

### Integrated versus Referral Care for PTSD and Bipolar Disorders in Rural Areas

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. It is led by John C. Fortney at the University of Washington.

## 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 100 million Americans. It is building capacity for research and other studies by supporting patient-driven networks and helping them connect with researchers who study similar topics, including mental health conditions.



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.

As of November 2017, PCORI has awarded

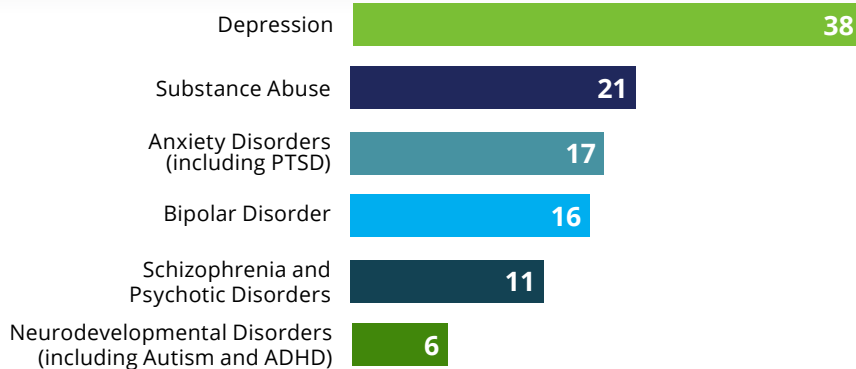
**\$351 MILLION TO FUND 99**

comparative clinical effectiveness research studies related to mental health

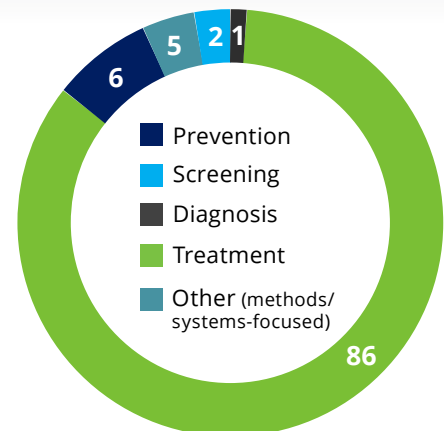
### BY THE NUMBERS

*By number of projects*

#### Most Studied Conditions



#### Areas of Care Addressed



#### Most Studied Populations of Interest

