

Community Coalitions Versus Training for Community Programs: Which Is Most Effective for Programs Serving Adults With Depression?

Reduced access to care and social factors lead to disparities in care and outcomes for adults with depression living in low-income neighborhoods. Community-based care programs show promise, but limited evidence is available on their long-term effectiveness. This handout summarizes two long-term follow-up studies of a randomized trial comparing two interventions intended to strengthen community-based depression services programs.

What interventions did the study compare?



Quality improvement delivered through expert training to individual care programs.



Quality improvement activities planned by a coalition of community organizations.

What findings are useful to NPs?

- At three years, neither intervention had an effect on depression symptoms (Ong et al., 2017).
- At four years, the community coalition intervention was more effective at increasing depression remission in older adults (Arevian et al., 2019).

How did the studies generate these findings?

- The researchers conducted follow-up studies on adults with depression who had previously participated in a randomized trial.
- In the original trial, 93 community programs in Los Angeles, CA, were randomly assigned to one of the two interventions. A total of 1,246 adults with depression who were served by these programs participated in the trial.
- Six hundred of these adults responded to a three-year follow-up survey and 283 adults responded to a four-year follow-up.

References

Arevian, A.C., Jones, F., Tang, L., Sherbourne, C.D., Jones, L., and Miranda, J. (2019). Depression Remission From Community Coalitions Versus Individual Program Support for Services: Findings From Community Partners in Care, Los Angeles, California, 2010–2016. *American Journal of Public Health*, 109, D205–D2013. doi:10.2105/AJPH.2019.305082

Ong M.K., Jones L., Aoki W., Belin T.R., Bromley E., Chung B., Dixon E., Johnson M.D., Jones F., Koegel P., Khodyakov D., Landry C.M., Lizaola E., Mtume N., Ngo V.K., Perlman J., Pulido E., Sauer V., ... Wells K. (2017). A Community-Partnered, Participatory, Cluster-Randomized Study of Depression Care Quality Improvement: Three-Year Outcomes. *Psychiatric Service*, 68(12),1262-1270. doi: 10.1176/appi.ps.201600488. Epub 2017 Jul 17. PMID: 28712349; PMCID: PMC5711579

This infographic was developed as a part of the American Association of Nurse Practitioners® (AANP) [Clinical Effectiveness Research Initiative \(CERi\)](#), which is funded by the Eugene Washington PCORI Engagement Award (EADI #35224).