



## Share your views. Shape research. Join our Research Team!

“Exploring views about offering genetic tests to improve drug treatments for depression”

The research study	Patient partners in research
<p><b>What mental health condition is being studied?</b></p> <ul style="list-style-type: none"> <li>• <b>Major depressive disorder</b> affects more than 1 in 10 Canadians at some point in their lives.</li> <li>• There are many effective treatments for depression, but <b>drug therapy (e.g., antidepressants) is commonly used.</b></li> <li>• Finding a medication that both works <i>and</i> does not cause severe side effects is <b>often a matter of trial-and-error.</b></li> <li>• Because of this, some people <b>decide to stop taking these medications.</b> This can actually lead to worse health in the long run and increased costs.</li> </ul> <p><b>Why do people react so differently to medications?</b></p> <ul style="list-style-type: none"> <li>• An <b>individual’s genetic makeup</b> is thought to be partly related to whether particular drugs work and whether there are side effects with the drug.</li> <li>• Genes are thought to affect <b>how our body breaks down</b> medications.</li> <li>• <b>“Pharmacogenomic” testing</b> is a promising approach that uses the patient’s genetic information to: determine which particular drug might work best, at what dose, and with the fewest side effects.</li> </ul>	<p><b>What is a Patient Partner?</b></p> <ul style="list-style-type: none"> <li>• A patient that volunteers to share their views, knowledge, and experiences to help shape a research study (its planning, delivery, and evaluation).</li> <li>• They provide valuable experience and input, which improves research and the healthcare of future patients who might benefit from it.</li> <li>• A member of the research team who participates in project discussions and decision making.</li> </ul> <p><b>What will Patient Partners in this study be asked to do?</b></p> <ul style="list-style-type: none"> <li>• Participate in <b>meetings</b> (see below for details)</li> <li>• Help with <b>planning some the study</b> (e.g., suggesting questions for discussion groups).</li> <li>• <b>Read and review documents</b> for the study (e.g., ensuring an information booklet makes sense and has not missed anything important).</li> <li>• Contribute to <b>understanding and sharing the results</b> of the study with others (posters, presentations, articles).</li> <li>• No previous experience or special skills are needed.</li> </ul>

### What is the study about?

- We want to know how pharmacogenomic testing for depression treatment could be introduced in a **trustworthy and acceptable way** for people in BC.
- **Public input is critical** as policymakers and health professionals consider the best way to offer this kind of genetic testing.
- Participants will include 26-28 people in BC who will share their views, values, and experiences in **group discussions**. They will **provide recommendations to policymakers** about pharmacogenomic testing in BC.

### How will the study achieve these goals?

- Policymakers will provide specific questions that they want public input on.
- We **will ask people** living in BC to discuss the benefits and concerns with pharmacogenomic testing.
- We will **hold group discussions with a trained facilitator** to understand peoples' views and what recommendations should be made.
- We will not do any experimental or laboratory-based testing in this study.

### Who are the researchers?

- **Scientists, clinicians, and patient research partners** from across Canada are involved in the project.
- It is led by an experienced **team at the University of British Columbia** that includes health economists, genomic experts, family doctors, health policy researchers, and knowledge brokers.

### What is the time commitment?

- Meetings: **approximately 1 meeting/month**, lasting up to 1.5 hours, usually on a Monday
- Meetings will be by Zoom videoconferencing
- Reviewing documents: **approximately 1 hour/month**
- The study will finish by December 2024. It would be ideal if patient partners could remain a part of the team for the whole study, but we do understand that life circumstances may change.

### Who can apply?

- Anyone living in BC who has been diagnosed with major depressive disorder (major depression must be your main or primary mental health condition).
- Must have either current or previous experience with taking doctor prescribed antidepressants.

### Where can I get more information or ask questions?

- Please contact the Research Program Manager and study lead, Dr Louisa Edwards, by:  
**Email: [louisa.edwards@ubc.ca](mailto:louisa.edwards@ubc.ca)**

### How do I apply to become a Patient Partner?

- Complete the online ***Expression of Interest form*** at [www.antidepressantstudy.com](http://www.antidepressantstudy.com)
- We will review all the applications we receive, and then we will choose one person to join our research team. (One other patient research partner is already involved.)

