

## P572 - What is the Prevalence of Depression in Cancer and Palliative Care? A Meta-analysis of studies using ICD10 and DSMIV definitions

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**OBJECTIVES** There have been several narrative reviews and many opinions about the prevalence of depression in cancer settings. In particular it is often thought that depression is substantially more common in late stage cancers. We aimed to undertake a definitive meta-analytic summary of such studies in order to clarify the rates

**METHODS** We searched for studies that used a robust DSMIV or ICD10 standard. For DSMIV a minimum of 5 symptoms is required for major depressive disorder (MDD) and in ICD10 a minimum of 4 symptoms is required for a depressive episode (F32). We identified 36 unique studies, although only 7 used ICD10 criteria

**RESULTS** Across all 36 studies the mean prevalence of depression was 25.4% but after this was corrected for sample size the prevalence was 21.7% (95% CI = 17.4% to 26.3%). The most commonly studied single type of cancer was breast cancer and rates were no different in this group.

In mixed stages mostly early) the prevalence rate was 21.6% (95% CI = 15.8% to 28.0%) and in late stages (mostly palliative) 21.8% (95% CI = 16.3% to 27.8%).

For DSMIV defined MDD the prevalence was 20.9% (95% CI = 16.0% to 26.2%) and for ICD10 23.5% (95% CI = 16.9% to 30.8%). Thus the prevalence is remarkably similar in mixed/early vs late stages of cancer when identified by robust methods. There may be a slight difference according to the definition of depression but this was not statistically significant.

**CONCLUSIONS** Large differences in prevalence according to stages of cancer may be a methodological artefact that no longer applies when examined by robust methods. There may be a slight difference according to the definition of depression in DSMIV vs ICD10.

**LIMITATIONS** We had insufficient data to look in detail at type of cancer. Differences according to severity scales are not examined here. Minor depression has been poorly investigated.

**CLINICAL IMPLICATIONS** The prevalence of major depression measured by psychiatric interview is approximately 22% and may not be substantially higher in palliative stages.

