

Table 2. Quality of treatment for depression according to different indicators in the Dialogue Project in 2008

Quality indicator	Patients (n)	Observed % (n)	Indicator description
Detection of depression	915	68.1 % (623)	In the past 12 months, the respondent was told s/he was suffering from depression OR received an antidepressant prescription
Use of services			
Use of services for mental health reason	915	86.2% (789)	At least one consultation for mental health reason in the past 12 months (family doctor/ general practitioner, psychiatrist, other physicians, psychologist, nurse, social worker/counsellor/ psychotherapist, other health provider or professional)
Watchful waiting (monitoring of untreated patients)	137	40.1 % (55)	3 or more medical consultation for mental health reason in the past year (among untreated respondents, i.e. respondents with at least one consultation for mental health reason in the past 12 months but no antidepressant prescription and no help in the form of psychotherapy or counseling)
Psychotherapy			
Any form of psychotherapy or counselling	789	56.1 % (443)	Help in the form of psychotherapy or counseling in the past 12 months (among those with at least one consultation for mental health reason)
Adequate length session for psychotherapy or counselling	443	88.9 % (394)	At least one session lasting 15 minutes or more of psychotherapy or counselling with one or other of the professionals consulted (among those who received help in the form of psychotherapy or counseling)
At least one of the recommended psychotherapy	394	83.2 % (328)	Cognitive behaviour therapy AND/OR Interpersonal therapy (among those who received at least one session for counseling of adequate length)
Complete course of psychotherapy	443	60.7 % (269)	12 or more consultations for mental health reason in the past year. According to the Canadian recommendations, a minimum of 12 visits is required for a full course of psychotherapy (among those who received help in the form of psychotherapy or counseling)
Adequate psychotherapy	443	49 % (217)	At least one of the recommended psychotherapy + complete course of psychotherapy (among those who received help in the form of psychotherapy or counseling)
Medication			
Antidepressant prescription in the past year	915	59.5 % (544)	In the past 12 months, the respondent received an antidepressant prescription

Adequate follow-up of the prescription	544	77.9 % (424)	The respondent consulted 3 times or more the professional who prescribed the medication (among those who received an anti-depressant prescription)
Compliance support	544	80.1 % (436)	Any one or other of the professionals who prescribed the medication helped the respondent follow the course of treatment (among those who received an anti-depressant prescription)
Patient education about antidepressant prescription			Any one or other of the professionals who prescribed the medication provided information on the subject of... (among those who received an anti-depressant prescription)
The effectiveness of treatment	544	72.8 % (396)	
The possible side effects	544	74.8 % (407)	
The probable length of treatment	544	59.2 % (322)	
Side effects you may expect to experience if you stop taking the medication of your own accord	544	61.6 % (335)	
Adequate length of treatment	83	59 % (49)	The respondent have been taking the antidepressant medication for 180 days or more (among those who stopped their treatment)
Adequate dosage of antidepressant medication	458	88.9 % (407)	The respondent received at least one antidepressant prescription at the minimum recommended dosage (among those taking antidepressant medication at the time of interview)
At least one minimally adequate treatment	789	60.5 % (477)	Adequate psychotherapy AND / OR Antidepressant prescription in the past year with adequate follow-up (≥ 3 times) (among those with at least one consultation for mental health reason or among the entire sample)
	915	52.2 % (477)	
Patient education - information			
General patient education - information	789	62.5 % (493)	In the past 12 months, the respondent received information about mental health problems, existing treatments or available services (among those with at least one consultation for mental health reason)
Specific patient education - information			The respondent received information about ... (among those who received general education – information)

Anxiety	493	72.8 % (359)	
Depression	493	83.6 % (412)	
Medication	493	78.7 % (388)	
Psychotherapy	493	55.6 % (274)	
Support and self-help groups in your area	493	39.8 % (196)	
Information sources such as books and Internet sites	493	50.3 % (248)	
Consideration of patient's preferences	493	47.1 % (232)	The respondent received information about medication AND psychotherapy
Advice or encouragement to do physical exercise	789	74.7 % (589)	With any one of the professionals, the respondent received advice or encouragement to do physical exercise to improve well-being, emotions and mental health (among those with at least one consultation for mental health reason)
