

# Effectiveness of a collaborative care programme to decrease suicidal ideation in depressed patients. The INDI project.

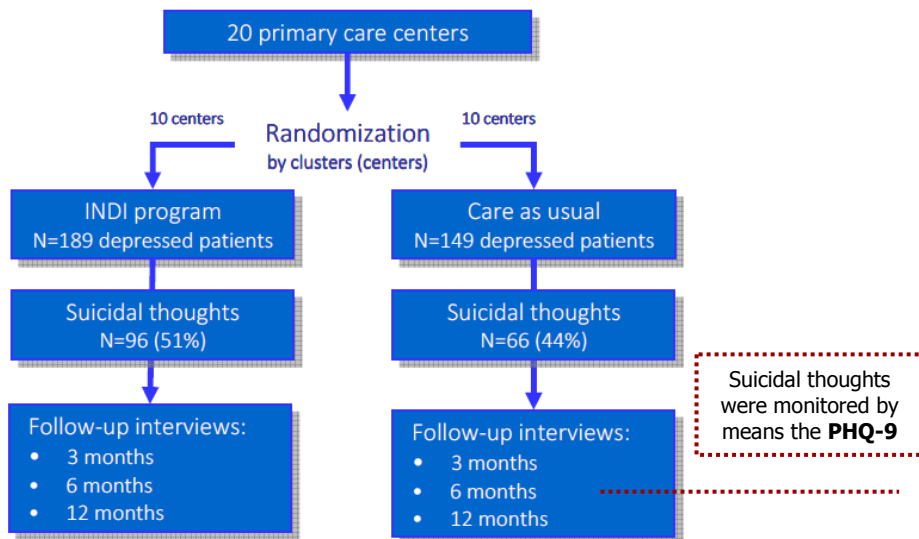
Enric Aragonès, Antonia Caballero, Germán López-Cortacans and Josep Lluís Piñol. Atenció Primària Camp de Tarragona-Institut Català de la Salut, and IDIAP Jordi Gol

**Suicidal ideation** is common in depressed patients and must be properly handling in the primary care settings. Our group has developed and tested a healthcare program to enhance the management of depression in primary care (the INDI Program), which is effective to improve the severity of depressive symptoms and quality of life.

## AIM

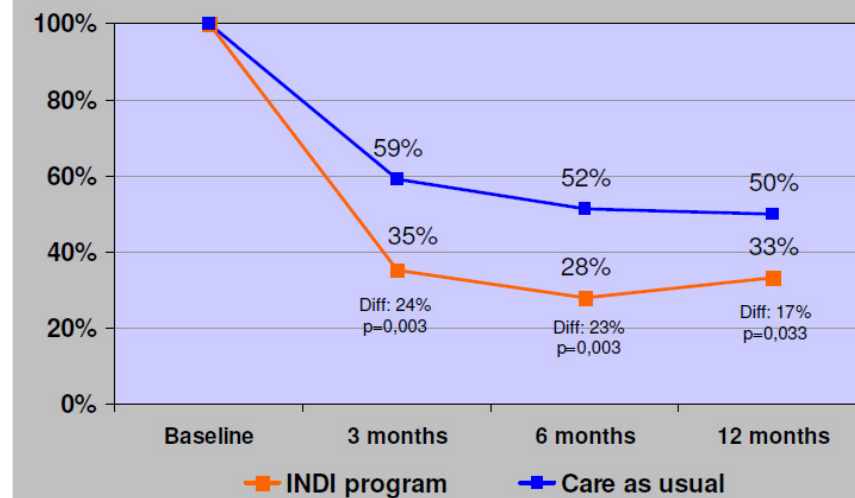
To assess the effect of the INDI program on suicidal ideation.

## DESIGN



The **INDI program** is a multicomponent collaborative care program based on the **chronic care model** that includes continuing medical education, clinical and organizational components, and patient empowerment interventions.

## OUTCOMES



Rates of patients with suicidal ideation in the intervention arm vs. Control arm throughout 12 months of follow-up.

The INDI program is an effective strategy for reducing suicidal ideation and the potential risk of suicide in primary care patients with depression and recurrent thoughts of death or suicidal ideation.