

Treating insomnia symptoms as part of major depressive disorder: a cross-sectional survey on patient needs in the US

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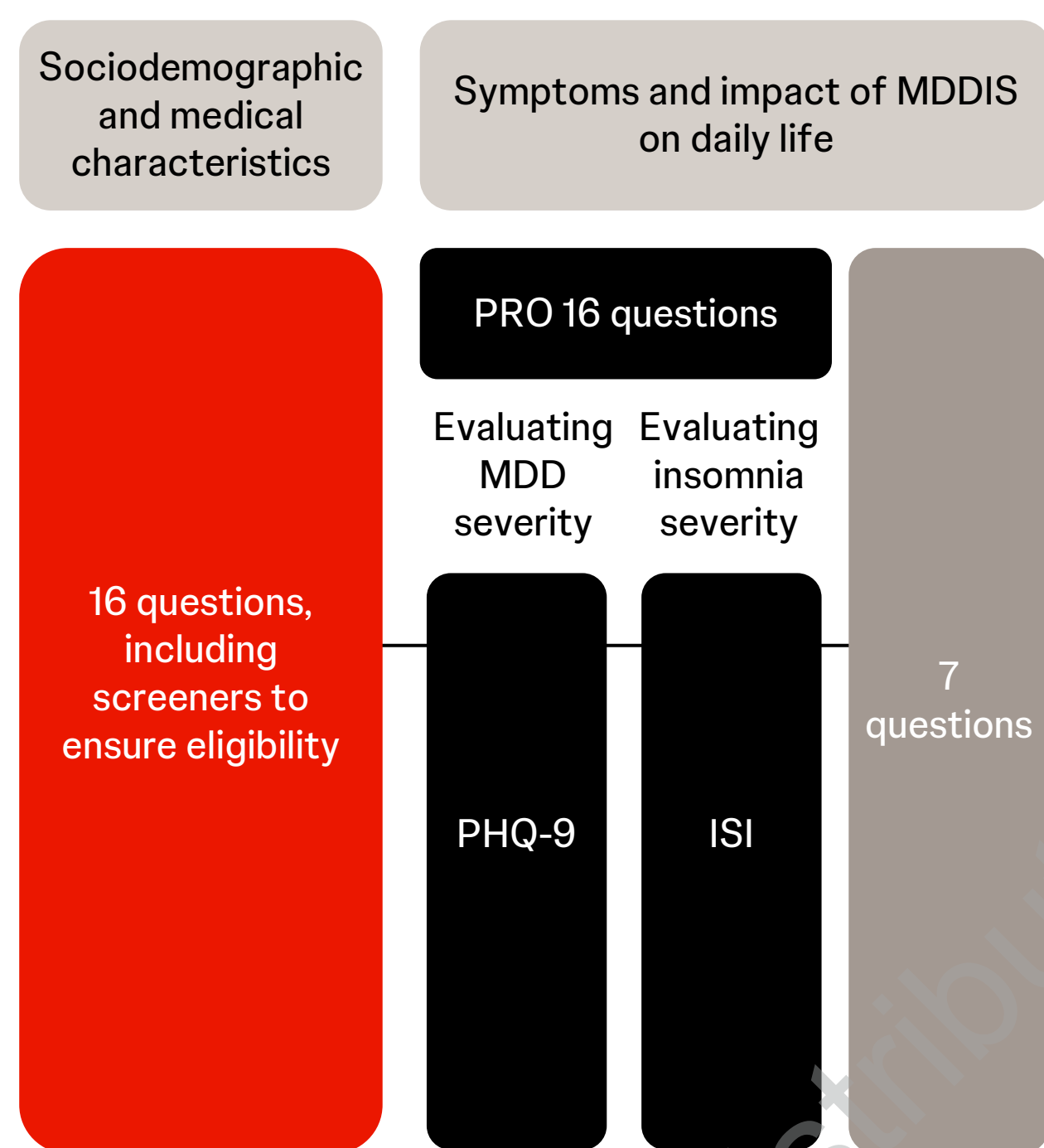
Background

- Major Depressive Disorder (MDD) is a common mental health condition characterized by a prolonged depressed mood, as well as a loss of pleasure or interest in activities. Approximately 280 million people are affected by it worldwide [1].
- In the US, it is estimated that 21.0 million adults experienced at least one major depressive episode in their life. It represents 8.3% of all US adults [2].
- Around 70% of patients with MDD also suffer from insomnia. When treated for depression, patients' related insomnia is often noted, but neither addressed nor treated.
- This study aimed to evaluate needs of patients with MDD for adjunctive treatment for insomnia symptoms in the US.

Methods

- An online cross-sectional survey with 39 close-ended questions was designed and included:
 - 16 questions on sociodemographic and medical characteristics
 - 23 questions on symptoms and impact of Major Depressive Disorder with Insomnia Symptoms (MDDIS) on daily life.

FIGURE 1: Survey design. Depression severity was evaluated using the Patient Health Questionnaire-9 (PHQ-9). Insomnia severity was evaluated using the Insomnia Severity Index (ISI). PRO: Patient Reported Outcomes



Data collection: from October 2022 to February 2023, using Carecity online patient community and social media campaigns

- Inclusion criteria:
 - Adults aged over 18 years old
 - Living in the United States
 - Diagnosed with MDD by a healthcare professional
 - Experienced insomnia symptoms at any time during their depression
 - Not diagnosed with Bipolar disorder, Schizophrenia or Schizoaffective disorder

Final sample size: 500 respondents

Results

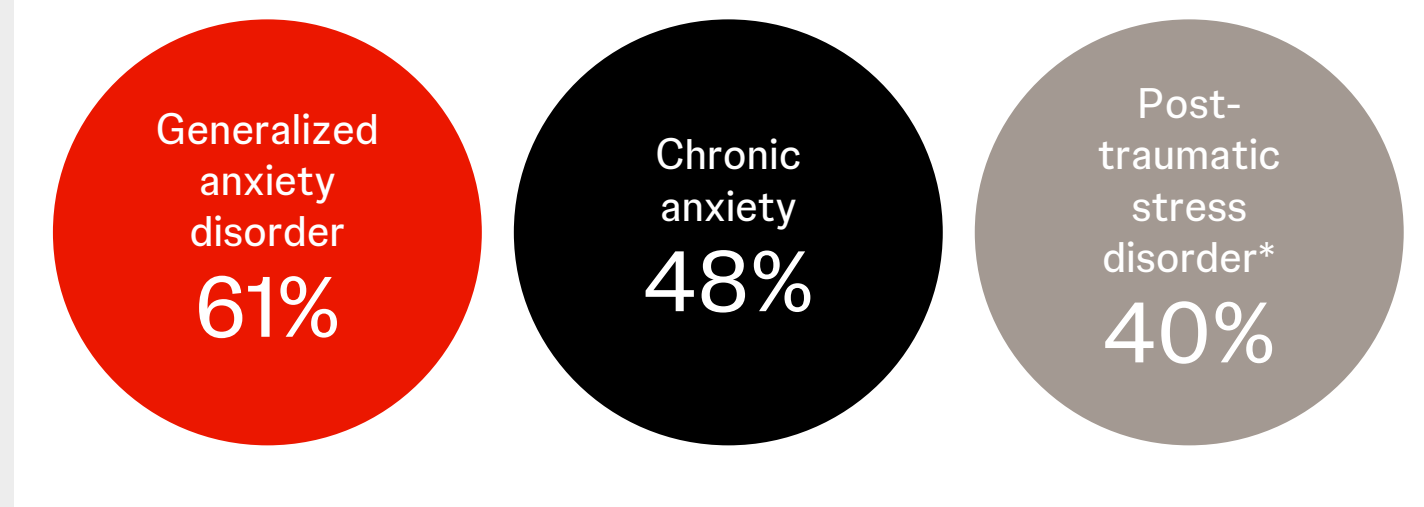
Respondents' profile

- Median age: 41.8 years old, SD: 18.3
- 73% women, 19% men, 1% preferred not to answer, and 6% non-binary

Comorbidities

- 92% of patients reported living with another mental health condition in addition to MDD

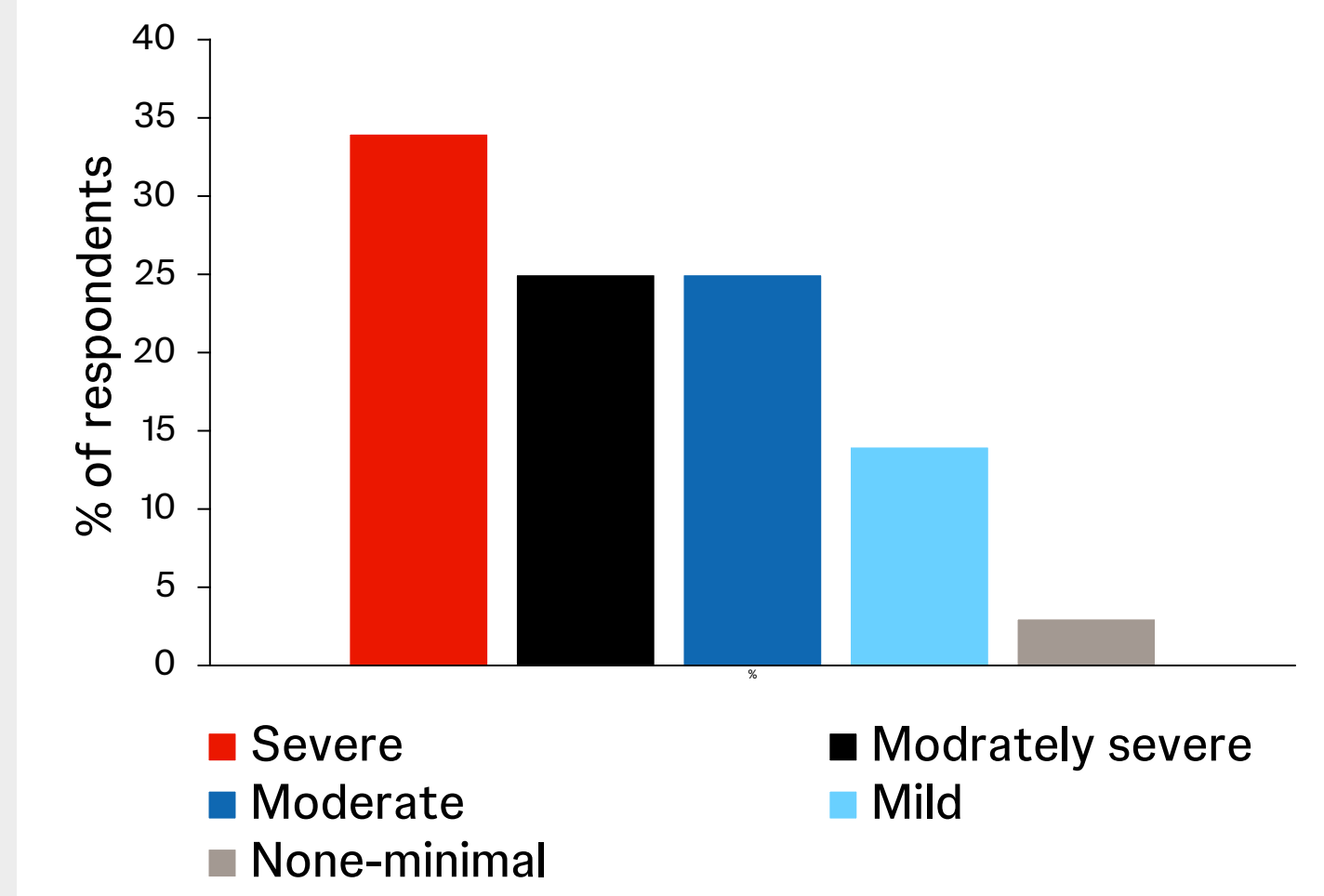
Most reported comorbidities



* Figures consistent with literature

Depression severity

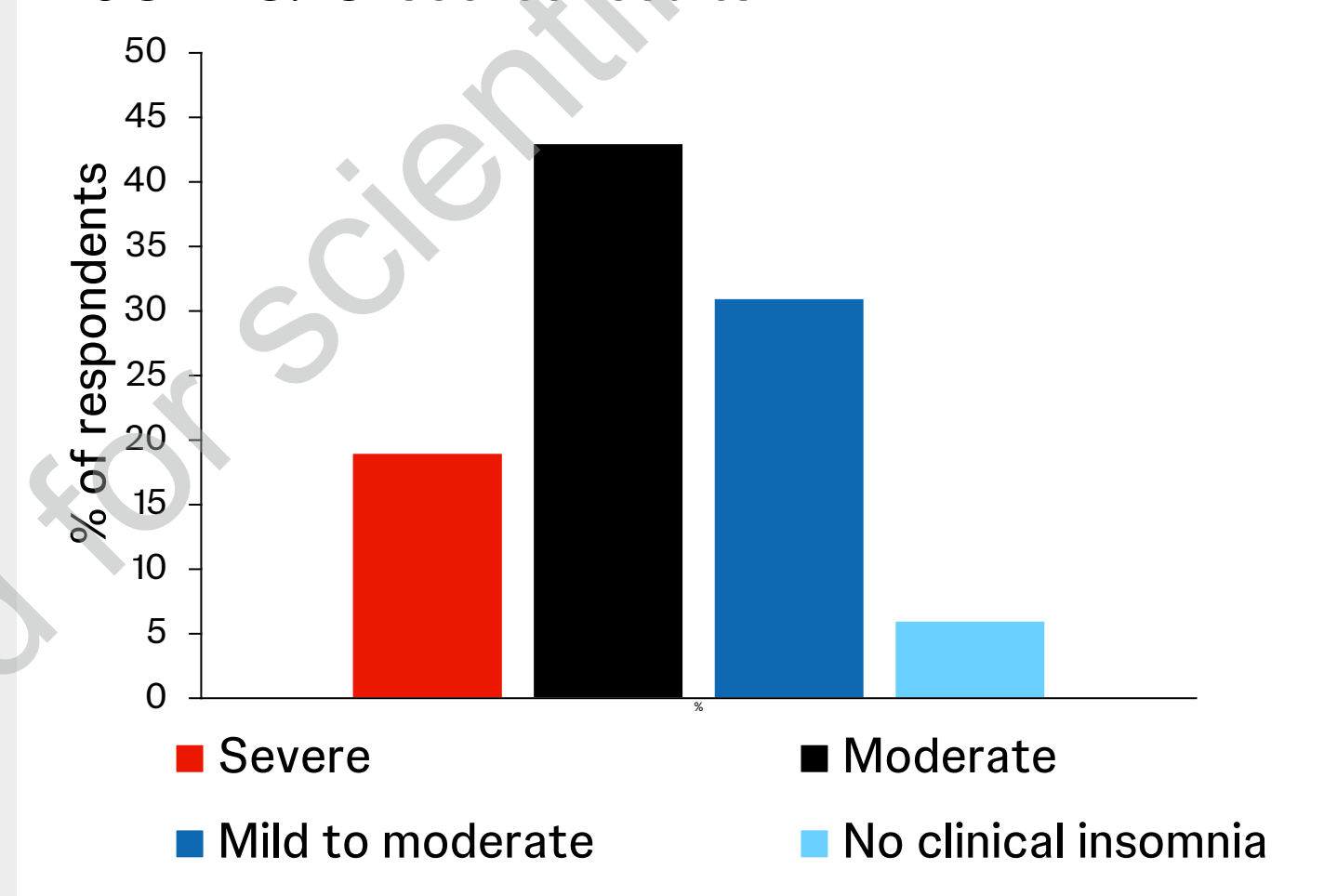
FIGURE 2: PHQ-9 scores results



- Severe depression was more prevalent among patients aged between 18 and 30 years old (53%)
- At the time of the survey, 52% of the respondents were in a depressive episode, 34% were experiencing symptoms of depression and 14% were not currently experiencing an episode.

Insomnia severity

FIGURE 3: ISI scores results



Correlation between MDD severity and insomnia severity

- 88% of patients considered their depression and insomnia symptoms to be "related"

TABLE 2: PHQ-9 categories by ISI categories

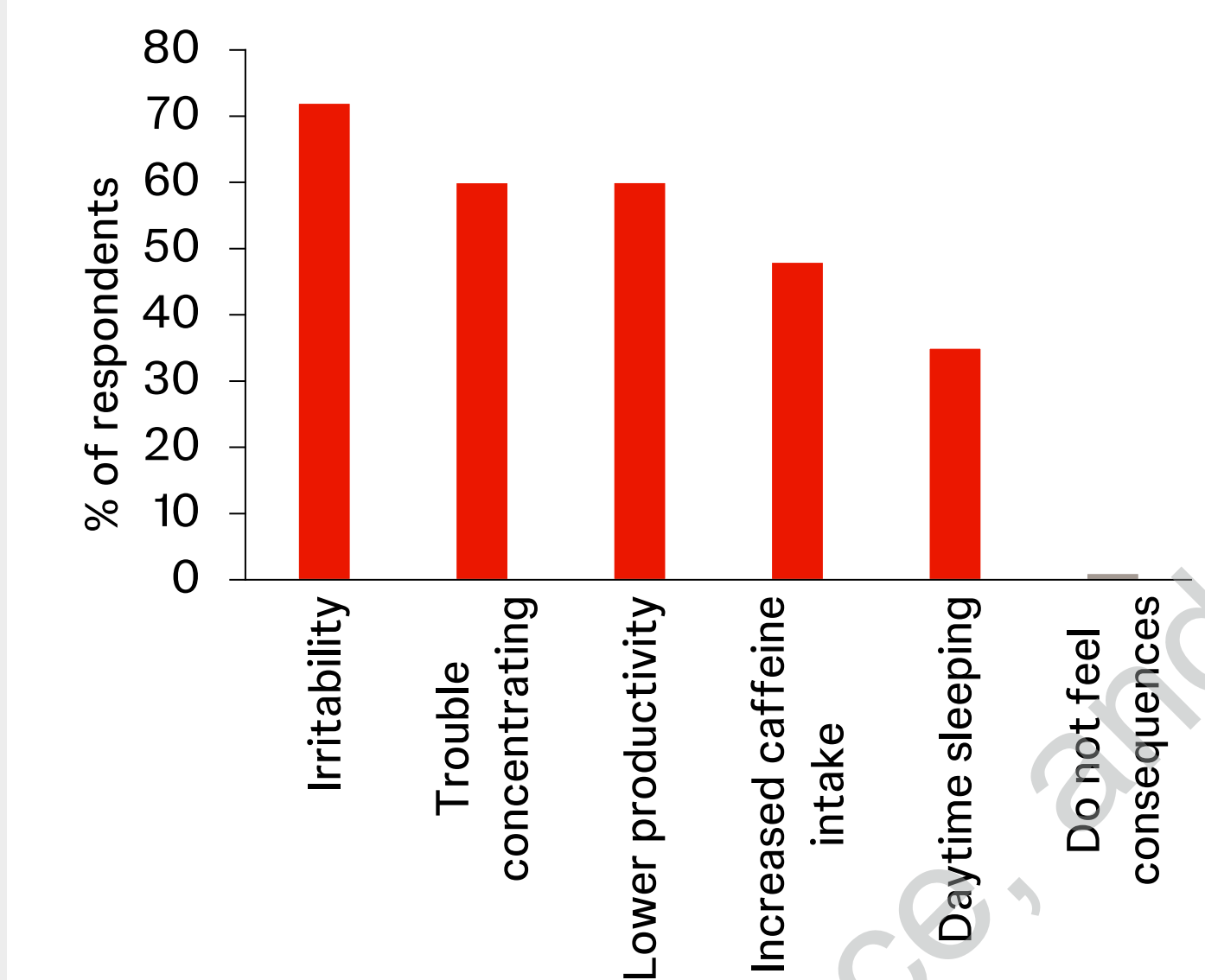
ISI categories	PHQ-9 categories				
	None-minimal	Mild	Moderate	Moderately Severe	Severe
No clinical insomnia	1%	2%	2%	1%	0%
Mild to moderate	2%	7%	10%	6%	7%
Moderate	0%	4%	11%	12%	15%
Severe	0%	1%	2%	5%	11%

- Significant correlation was observed between continuous PHQ-9 and ISI scores: spearman correlation 0.41, p-value <10⁻¹⁵

Impact of insomnia on daily life

- 99% of patients with an ISI score above 0 reported suffering from at least one consequence of insomnia in their daily life
- 73% of patients reported more than one consequence

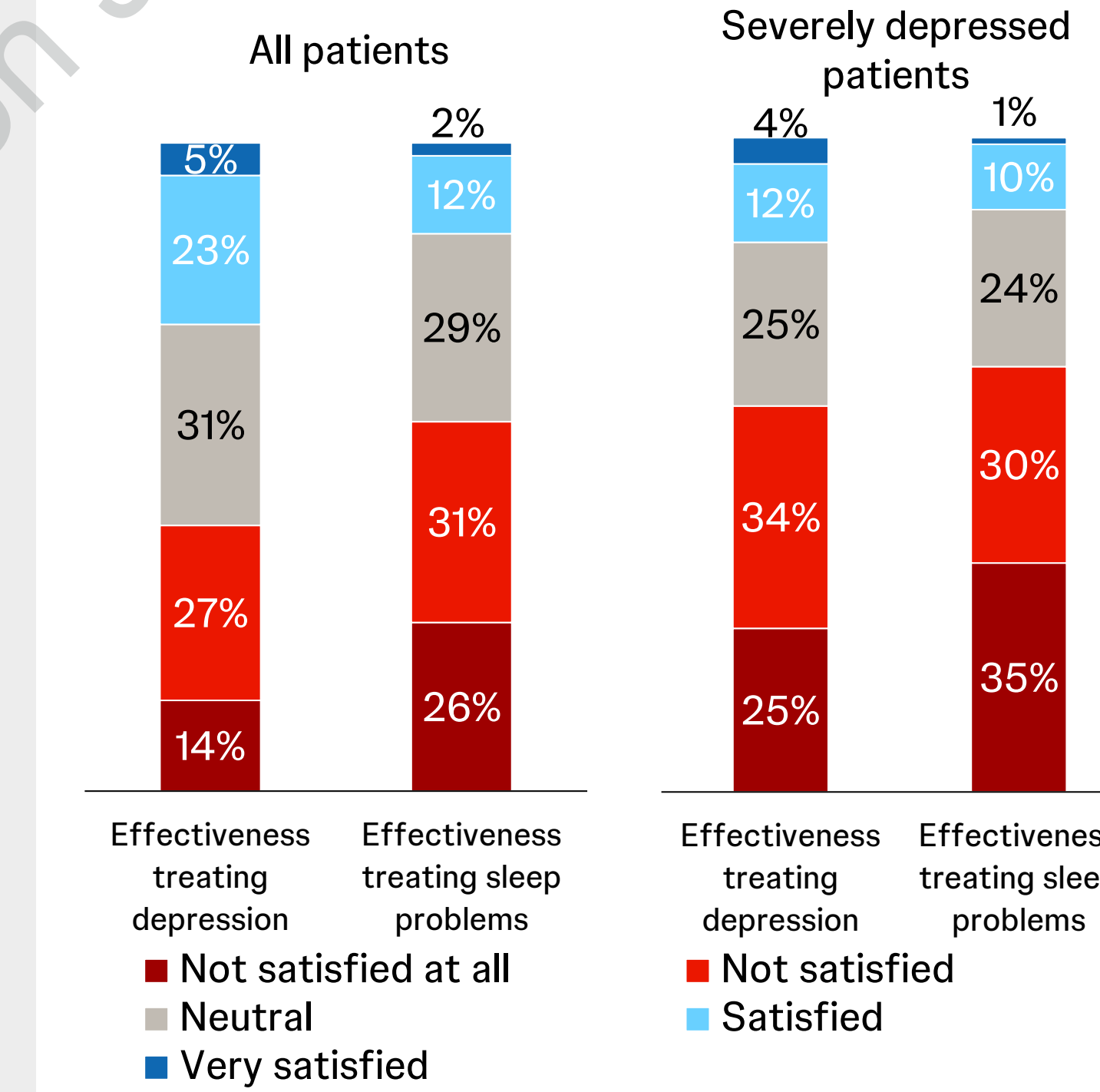
FIGURE 3: Reported consequences of insomnia on daily life



Unmet needs regarding treatment and support

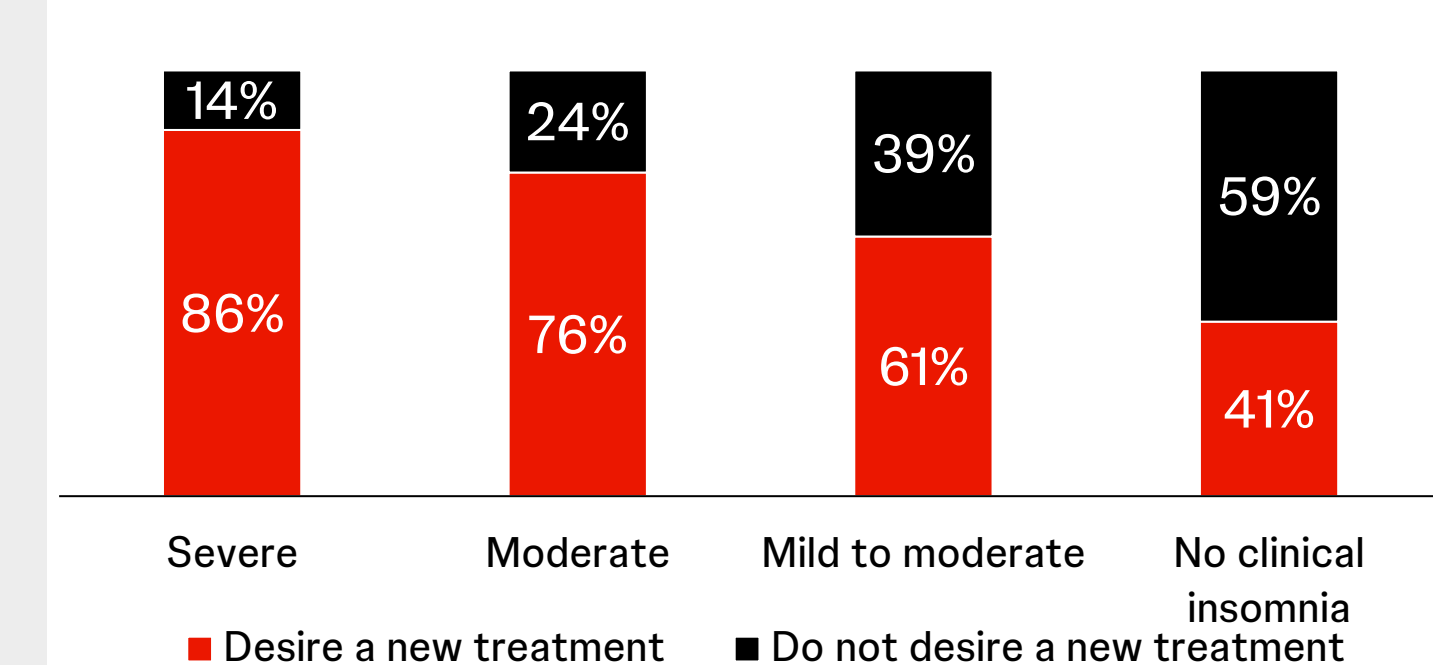
- 92% of the respondents had a history of receiving antidepressant medication
- 40% received prescribed medication for sleep issues specifically
- 58% received prescribed medications for both depression and sleep issues

FIGURE 5: Satisfaction regarding current or past antidepressant treatment: all patients vs severely depressed patients



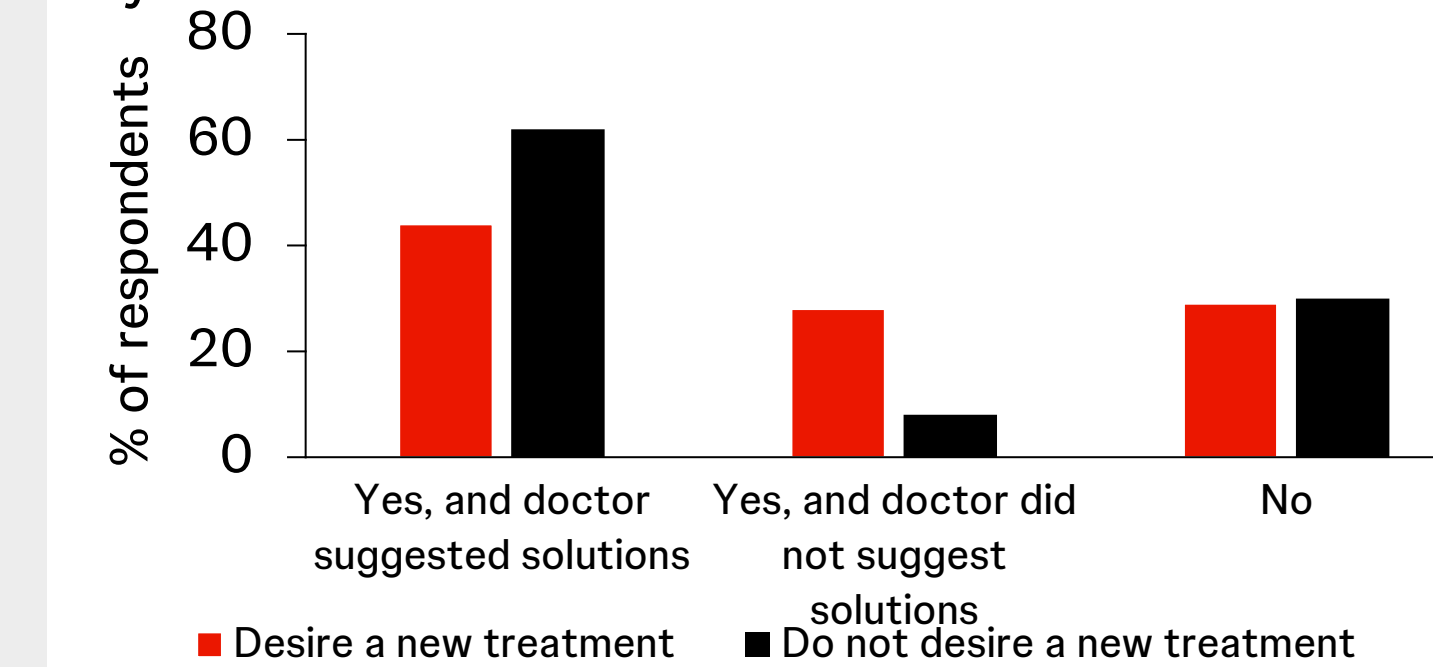
- Overall, 71% of patients reported wanting a different treatment to help with their depression and sleep difficulties
- This proportion increased with insomnia severity

FIGURE 6: Proportion of patients desiring a new treatment to help them with depression or sleep difficulties by ISI categories

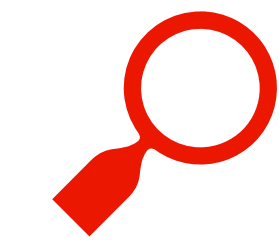


- 29% of the patients who shared their sleep issues with a doctor were not provided with solutions. This proportion was higher in patients who desire a new treatment compared to those who do not

FIGURE 7: Proportion of patients who shared their sleep issues with a healthcare professional by desire for a new treatment



Key takeaway



This study highlights patient needs for improved treatment options and solutions from healthcare professionals to address their insomnia symptoms as a core dimension of their MDD.

Conclusions



These results suggest that MDD and insomnia severities may be correlated. Most patients consider both to be related.



Almost all patients suffering from insomnia reported it impacting their daily life on several aspects.



Patients tend to be unsatisfied with their treatments' effectiveness in treating sleep problems. It is especially true for severely depressed patients and for patients with severe insomnia, who were a large majority to report wanting a new treatment.



While most patients discussed their insomnia with a healthcare professional, a third of them did not receive adequate support and were not provided with solutions.

Acknowledgments

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Disclosures

ZZ and ND and JR are employed by and have stock/other ownership interests in Janssen

LS was an employee of Carecity

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