Effectiveness of an Integrative Behavioral Health Program for the Management of Depression in Adults
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Background
- 41.5% of US adults reported recent symptoms of anxiety or depression in 2021
- Roughly 1 out of 10 Americans reported having unmet mental health care need
- Integrative Behavioral Health (IBH) programs at Stanford screened and treat patients with depressive symptoms
- IBH programs can reduce emergency department and office visits for mental health

Objective: To analyze differences in PHQ scores over time between patients who participated in the program's intervention and those who did not, taking into account demographic, socioeconomic, and health-related variables.

Methods

Study Design: Prospective cohort study

Methods (cont.)

Results

Discussion

Future Work

References/Acknowledgement