

California Initiative to Advance Precision Medicine

Research on the Prevention, Diagnosis, and Treatment of Depression

Agency: Governor's Office of Planning and Research (OPR)

Action: Request for Information

Summary:

The [California Initiative to Advance Precision Medicine](#) (CIAPM) funds research projects that develop new strategies to improve the health of Californians. Before and throughout the pandemic, many communities experience mental health challenges. To support CIAPM's responsiveness to community needs for improved mental health, CIAPM is asking the public for input through a Request for Information (RFI).

The purpose of this RFI is to offer the public an opportunity to provide information and perspectives on community needs for mental health, particularly the prevention, diagnosis, and treatment of depression. Your input may help CIAPM develop the scope of future research funding opportunities that aim to improve depression and mental health outcomes of all Californians and address health inequities.

Written Responses:

OPR welcomes written feedback for this RFI.

Please submit responses **via [this form](#)** by **August 18, 2023 at 5:00 PM PDT** to be considered. If you cannot access the submission form, email your response to ciapm@opr.ca.gov with the email subject line, "CIAPM Depression RFI."

Please address the questions listed at the end of this document. You do not need to answer every question and should focus on those where you have relevant experience or expertise. You may provide detailed responses and examples.

Disclaimers:

This RFI will result in a list of community needs regarding depression and mental health that CIAPM/OPR can consider in developing the scope of future depression research funding opportunities. The RFI is only for information and planning purposes and should not be considered requirements for CIAPM/OPR.

Providing comments does not exclude you or your organization from future funding opportunities nor does it provide priority in funding. This RFI will not result in the award of a contract agreement. Completion of this RFI shall be performed at no cost to the State.

The responses to the RFI are considered public documents subject to public disclosure through the California Public Records Act (California Government Code sections 6250-6276.48). You should only submit information that you wish to make publicly available. You should not include personal, confidential, proprietary, or trade secret information in the response.

Background:

The California Initiative to Advance Precision Medicine (CIAPM), which is part of the Governor's Office of Planning and Research (OPR), supports collaborative research and fosters partnerships between the State, researchers, patients, communities, and industry to improve health outcomes for Californians. Precision medicine considers the whole person, such as their age, cultural background, disability status, ethnicity/race, gender identity, geographic location, religion or faith, sexual orientation, and socioeconomic status. Providing the right treatment or prevention strategy at the right time for the right patient leads to optimal health outcomes.

Mental health is a state of mental well-being in which people may experience varying degrees of the ability to cope with the stresses of life and contribute to their community. Depression is a serious mood disorder and a major health issue nationwide, with approximately 18% of adults aged 18 or older reporting a lifetime diagnosis of depression in 2020¹. Symptoms of depression include loneliness, irritability, loss of interest in normal activities, fatigue, difficulty concentrating, and changes in sleeping or eating, among others. Depression rates are not distributed evenly throughout the population, creating health inequities in which marginalized communities often face the greatest challenges with depression due to social injustices. For example, self-reported depression rates among all ages range from 14.2% to 21.5%, with young adults aged 18-24 reporting the highest rates of depression¹. As another example, multiracial groups experience depression at a higher rate of 28.5%, compared to 20.6% in White, non-Hispanic people¹. Despite this, many studies combine groups and do not distinguish best practices for prevention, diagnoses, or treatments for each subgroup².

Your responses to this RFI may inform the scope of future research funding opportunities that aim to improve depression and mental health outcomes as well as address health inequities.

¹ Lee B, Wang Y, Carlson SA, et al. National, State-Level, and County-Level Prevalence Estimates of Adults Aged ≥18 Years Self-Reporting a Lifetime Diagnosis of Depression — United States, 2020. *MMWR Morb Mortal Wkly Rep* 2023;72:644–650. DOI: <http://dx.doi.org/10.15585/mmwr.mm7224a1>

² Antonio J. Polo, Bridget A. Makol, Ashley S. Castro, Nicole Colón-Quintana, Amanda E. Wagstaff, Sisi Guo, Diversity in randomized clinical trials of depression: A 36-year review, *Clinical Psychology Review*, Volume 67, 2019, Pages 22-35, ISSN 0272-7358, <https://doi.org/10.1016/j.cpr.2018.09.004>.

Purpose:

In this RFI, CIAPM offers the public an opportunity to provide information and perspectives on community needs for mental health, particularly about prevention, diagnosis, and treatment of depression. CIAPM may consider your comments to inform the scope of future depression research funding that aims to improve the mental health of Californians.

Request for Information: Key Questions

Demographic questions

1. What type of organization are you affiliated with (such as a community or faith-based organization, company, local health department, university, or other)?
2. What is your geographical location within California (such as city, county, or tribal land)?

Community perspectives

1. Which community or communities within California have the greatest need for improved depression outcomes? Please explain your reasons for highlighting the particular community or communities. Please consider demographics such as age, cultural background, disability status, education level, ethnicity/race, gender identity, region, religion or faith, sexual orientation, socioeconomic status, or any other relevant signifiers.
2. How are depression and mental health viewed in your community or your community of expertise? Please briefly describe your community or community of expertise for context, considering the demographics suggested above.
3. What resources are needed in your community or community of expertise for better prevention, diagnosis, and/or treatment of depression? Please focus on topics that can be addressed by advancing precision medicine research.
4. What are some difficulties your community or community of expertise faces regarding mental health?
5. Please recommend any community-based organizations, community groups, or faith-based organizations to represent community perspectives in a collaborative study for the prevention, diagnosis, and treatment of depression.

Impact of research

1. How could research help develop the type of strategies to improve depression prevention, diagnosis, and treatment and mental health that you would like to see in your communities?
2. How can academic researchers best partner with community-based organizations or healthcare providers to improve depression and mental health-related outcomes?

Provider perspectives (Providers can be any individual or organization providing mental health care services)

1. From a provider perspective, which community or communities experience the greatest risk or occurrence of depression? Please consider demographics such as age, cultural background, disability status, education level, ethnicity/race, gender identity, region, religion or faith, sexual orientation, socioeconomic status, or any other relevant signifiers.
2. What are vital research questions or challenges related to preventing, diagnosing, and treating depression, that need to be addressed to support your work and the communities that are most at-risk? Please consider prevention, diagnosis, and treatment individually.

Opportunity to provide additional information

1. Listening sessions can be used to gather information about community needs and inform the scope of future research funding. If your organization would like to host a listening session related to this RFI before August 4, please provide your contact information here for follow up.
2. Please provide any other insights you have related to depression prevention, diagnosis, and treatment in California.