CLUSTER RANDOMISED CONTROLLED TRIAL (RCT) FOR LATE LIFE DEPRESSION IN SOCIOECONOMICALLY DEPRIVED AREAS OF SÃO PAULO, BRAZIL (PROACTIVE)

PRINCIPAL INVESTIGATORS

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This will be a two-arm cluster randomised controlled trial aiming to compare the cost-effectiveness of adding to usual care a psychosocial, community-based intervention (PROACTIVE) delivered at home by Community Health Workers employed by the existing Brazilian primary care system with an 'enhanced' usual care in reducing depressive illness among older adults 60 years or older from poor backgrounds in Guarulhos, Brazil. The protocol and the feasibility of conducting this study in the Brazilian primary care were evaluated in a pilot study conducted by our research group. PROACTIVE consists of 8 to 11 home sessions delivered over 17 weeks, with those with milder conditions receiving less sessions whereas those with more severe symptoms receiving a more intensive intervention. Community Health Workers will be equipped with tablet computers to assist with the delivery and supervision. We anticipate recruiting 1,440 participants from 20 clinics in the Municipality of Guarulhos. We will compare recovery across arms at 8 and 12 months after entering the trial. Several secondary outcomes will be also measured including quality of life and levels of functioning. Direct and indirect costs will be measured to undertake a cost-effectiveness analysis.

One of the 20 primary care clinics in the Municipality of Guarulhos where the study will be conducted.

SUMMARY OF RESULTS

The project started on 1st August 2018. We have recruited two excellent post-docs and enlisted the Municipality of Guarulhos as the area where the project will take place. Guarulhos is in the Great São Paulo and approximately 11% of its 1,340,00 inhabitants are 60 years or over.

Details on some of the projects funded are in the following pages, and can also be found at
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