A major challenge in health care research, related to personalized medicine, is to identify predictors of differential treatment response, so that patients can be matched to treatments they are most likely to respond to. In addition, there is an urgent unmet need to implement such treatment selection approaches in real-world health care settings. This is especially relevant for treatment of depression. Although the effectiveness of psychotherapy and antidepressants is comparable, the outcomes can vary greatly between individuals, and little is known about what works for whom. We aim to improve mental health care for depression by developing and piloting a new model of care, based on a personalized treatment selection approach that matches patients to their predicted optimal treatment, in order to optimize treatment recommendations. We will implement this care system in eight mental health centres across Europe, and evaluate the effects using clinical, economical, ethical, legal, social, and organizational parameters. The proposal consists of a set of sequential randomized trials comparing two evidence-based interventions for depression, involving 2880 patients. In phase I, patients will be randomized to one of two treatments, setting up the development of a statistical model and a treatment selection system (phase II). In phase III, a second cohort of patients will be randomized to the predicted optimal treatment or to allocation as usual. ADMIT-D represents a ground-breaking development for mental health, by using clinically relevant predictors and moderators of outcome in a combined treatment selection algorithm, applying it clinically in real-world settings, and integrating stakeholder perspectives. This project will impact the structure of (mental) health care, leading to the introduction of personalized treatment selection systems in a validated model of care, thus improving the efficiency of European health care. The ADMIT-D consortium consists of researchers and mental health professionals from 14 institutions from six Europeans countries and the United States. The ADMIT-D consortium seeks to promote the use of personalized medicine for depression by developing and implementing a novel treatment selection approach (the Personalized Advantage Index) in mental health systems that matches patients to evidence-based treatments they are predicted to benefit most from.

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