

# Comparing Two Programs to Increase Cancer Screening for Women with Depression

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### What was the research about?

Getting screened for cancer at a doctor's visit can lead to early detection and treatment. But it can be hard for people with depression and limited resources to stay up to date with their care by scheduling regular visits and screenings.

In this study, the research team compared two programs to help women get up to date on screenings for breast, cervical, or colorectal cancer:

- Collaborative Care Intervention, or CCI, focused both on improving cancer screening and on depression symptoms. The research team developed the CCI program for this study.
- Prevention Care Management, or PCM, focused only on improving cancer screening.

Women in the study had symptoms of depression, lived in an urban area, and were overdue for breast, cervical, or colorectal cancer screening.

### What were the results?

After one year, more women in both programs were up to date with their cancer screenings. But the two programs didn't differ in the percent of women who were up to date.

Also, women in the two programs didn't differ in their reports of

- Depression symptoms

- Quality of life
- Knowledge and feelings about cancer screening
- Whether a doctor referred them for cancer screening
- Confidence or feeling judged about depression
- Having office visits or taking medicine for mental health
- Whether they took medicines for mental health regularly
- How satisfied they were with their health care and their decision to take part in cancer screening or mental health care

### Who was in the study?

The study included 757 women with depression receiving care at one of six health centers in Bronx, New York, that serve people with limited resources. Of these, 20 percent were African American, 4 percent were white, and 76 percent marked their race as other. In addition, 78 percent were Hispanic. The average age was 56.

### What did the research team do?

The research team assigned women by chance to either the CCI or PCM program. In both programs, care managers made monthly phone calls to women in the study. Care managers helped women think about

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barriers to cancer screening, mailed educational handouts, and scheduled appointments. In the CCI program, care managers also

- Checked women's depression symptoms
- Helped women create mental health action plans
- Found social services the women could use

The research team looked at women's health records to see if they were up to date for cancer screenings. The team also gave study participants a survey about cancer screening before the study started and again 6 and 12 months later.

Patients, health professionals, and care managers provided input on the study.

### **What were the limits of the study?**

All health centers in the study offered mental health care as well as cancer screening. Results may differ for centers that don't offer mental health care. This study took place in one city. Results may differ in other places.

Future research could study these programs in other locations.

### **How can people use the results?**

Health centers can use the results when considering ways to improve cancer screening among women with depression symptoms and limited resources.

*To learn more about this project, visit [www.pcori.org/Tobin229](http://www.pcori.org/Tobin229).*