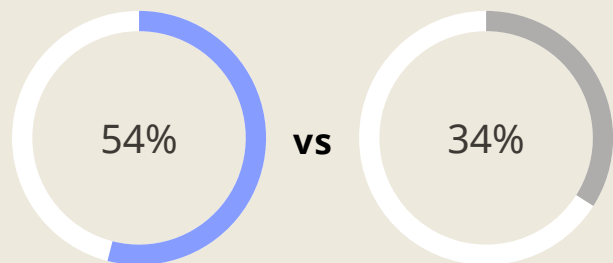


# Effectiveness of Collaborative, Trauma-Informed Care on Depression Outcomes in Primary Care

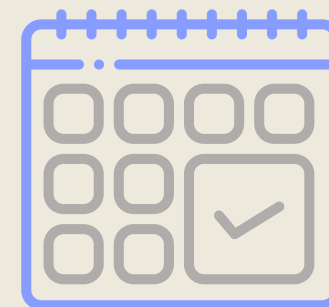
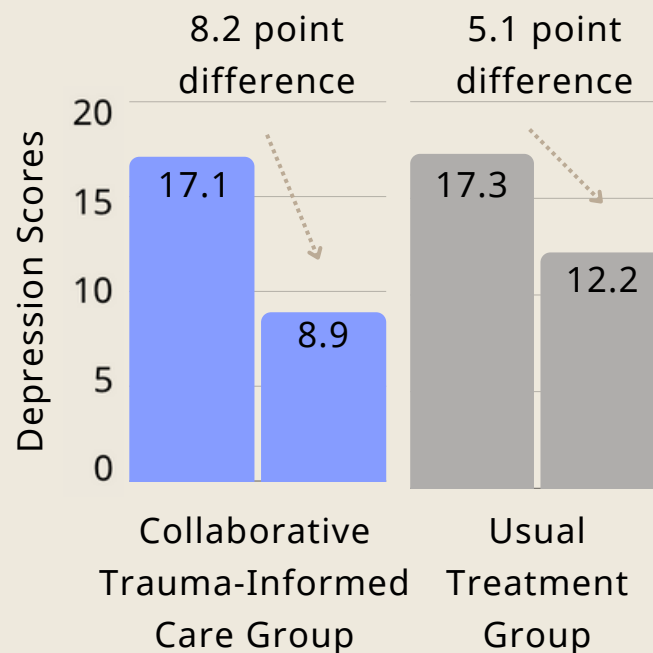
*Source:* Vitriol VG, Cancino A, de la Luz Aylwin M, et al. Effectiveness of collaborative, trauma-informed care on depression outcomes in primary care: a cluster randomized control trial in Chile. *Ann Fam Med.* 2024;22:10.1370/afm.3184

*This cluster randomized controlled trial study assessed whether a collaborative, trauma-informed care model could improve outcomes for patients with depression compared to usual treatment in primary care clinics in Chile.*



At six months, 62 out of 115 patients (54%) in the collaborative trauma-informed care model group showed remission, compared to 34 out of 99 patients (34%) in the usual treatment group ( $P = 0.001$ ).

## Depression Scores at Baseline and Six Months



Patients in the collaborative trauma-informed care model group had higher treatment adherence.

*Results from a trial conducted with 16 primary care teams and 214 patients in the Maule Region, Chile.*