

Collaborative Care Patient Outcomes

Addiction & Mental Health in Primary Care

The collaborative care model can lead to improved patient outcomes across large variations of patient groups and settings. The model has been shown to be effective across differences in age, sex, location, physical condition, and disorder type.

Positive Health Outcomes



Collaborative care has been found to:

- improve depression outcomes in both short- and long-term follow-ups
- improve symptoms in youth with disruptive behavior and/or attention deficit hyperactivity disorder (ADHD) reduce
- symptom severity in treating anxiety
- show positive treatment gains in individuals with serious mental illnesses (SMI), such as schizophrenia, compared with usual care
- show greater improvements in outcomes in patients receiving treatment of opioid use disorder (OUD) and/or alcohol use disorder (AUD) compared with those in usual care

Clinicians reported greater perceived competence and effectiveness in delivering ongoing behavioral health services in primary care.

Treatment of Concurrent Chronic Diseases and Mental Health Conditions



Benefits of collaborative care on depression applies to patients with medical comorbidities, cognitive defects, and anxiety disorders.

Collaborative care has produced greater reductions in diabetes-specific distress in patients with concurrent diabetes and depression as well as improved:

- systolic blood pressure
- LDL cholesterol
- glycated haemoglobin
- depression outcomes

Collaborative care interventions were significantly more effective than usual care in reducing depression in patients with cancer.

Quality of Life and Other Measured Improvements



Social, holistic, and life domain functioning, as well as health-related quality of life of those with mental health issues, have all been improved with the use of collaborative care.

Collaborative care has been shown to improve quality-adjusted life-year (QALY) and quality of care measures.

Positive effects on suicidal ideation and subjective distress have also been seen with the use of collaborative care.

Self-rated measurements indicate that clients receiving collaborative care report improved levels of functioning and well-being.

Treatment Relapse and Remission



Collaborative care has been effective in helping patients start antidepressant and anxiety medications and remain adherent.

Depression symptom remission rates occurred significantly faster than in usual care.

Remission rates for behavioral problems and internalizing problems associated with ADHD were higher for youth receiving collaborative care over enhanced usual care.

Collaborative interventions have shown a decreased use in outpatient behavioural and non-behavioural care, which includes hospital admissions/readmissions, ambulatory care, and emergency department visits.

Wait Times and Access to Treatment



Wait lists for mental health services are shorter for newly referred patients in collaborative care than in traditional care settings.

Patients in collaborative care have access to more mental health professionals, and receive mental health screening and psychotherapy more quickly than those in usual care.

Satisfaction with Services



The majority of patients receiving collaborative care have reported being satisfied or very satisfied with treatment after their first and last sessions.

Patients report high ratings on several satisfaction measures, including listening to the patient, inclusion of family and friends, giving sufficient condition management information, and spending enough time with the patient.

Youth reported that collaborative care provided a space that increased their feelings of being listened to and cared about in a non-judgmental environment.

For these findings and more, check out our [Collaborative Care Literature Review](#).

© 2022 Alberta Health Services, Provincial Addiction & Mental Health – Knowledge Exchange.



This work is licensed under the [Creative Commons Attribution-NonCommercial-NoDerivative 4.0](#) licence. The licence does not apply to Alberta Health Services trademarks, logos or content for which Alberta Health Services is not the copyright owner. Disclaimer: <https://www.ahs.ca/about/Page635.aspx>

For more information, contact:
amh.knowledgeexchange@ahs.ca

Updated: March 2022