Titel der Studie	
Acronym	
Keywords	
Koordination **Beteiligte Zentren**	
Kurzzusammenfassung	
Hypothesen **(primärer, sekundärer Outcome)**	
Studiendesign	
Stichprobe **Ein-/Ausschlusskriterien**	
Studienbeginn	
Studienabschluss	
Kontaktadresse, ggfs. Website der Studie	
Förderung	
Eingabe homepage DGESS am:	

Lay summary

Background and study aims?
Depression is one of the most common diseases and a leading cause of disability worldwide. The German health care system provides outpatient care, but also inpatient and day hospital treatment, covering a considerable part of health care for people with mental diseases. Hospital programs have the advantage of providing a multimodal approach, combining a daily structure with individual, group and additional treatment components. Day hospital programs for acute psychosomatic care are very similar to inpatient programs with the difference that patients return home at evenings and weekends. In Germany, there is an increasing interest in day care programs, because of the lower costs of this treatment modality. The treatment of depression is a high priority task, but there is still a lack of studies on inpatient or day hospital treatment. Furthermore, depression in one subject is not like depression in another ("uniformity myth"). It can be postulated, that tailoring treatments to the needs of subgroups of patients with special characteristics will improve overall outcome.

The study aims at the description of effects of inpatient and day hospital treatment for major depression in routine care. It further aims at identifying "prognostic" (associated with general outcome) and "prescriptive" (associated with the differential outcome in both settings) variables, which can help to discriminate subgroups of patients with differences in course and treatment needs. This is especially important in clinic treatment, as patients referred to hospital usually show a more complicated course of their illness or considerable co-morbidity.

What does the study involve?
All patients admitted with an episode of depression (inpatient or day clinic treatment) are screened and inclusion criteria checked. After informed consent participants will get diagnostic interviews and additional questionnaires for evaluation. They are get a short interviews and receive questionnaires at point of discharge. Three and twelve months after discharge, there again will be interviewed and asked to fill in questionnaires to assess course of depressive sympotomatology, overall functioning, quality of life and further treatment.

Who can participate?
All patients with the diagnosis of a major depressive episode treated in the study centres during the recruitment period.

What are the possible benefits and risks of participating?
All participants recieve comprehensive diagnostic interviews. As all participants get the standard treatment of the study centres, there are no additional risks compared to routine care.

Where is the study run from?
Department of Psychosomatic Medicine / University of Freiburg and the following cooperating centres: Department of Psychosomatic Medicine / University of Ulm, Department of Psychosomatic Medicine / University of Mainz, Clinic for Psychosomatic Medicine / Robert-Bosch-Krankanhaus Stuttgart, Thure-von Uexküll-Klinik / Freiburg, Bürgerhospital / Stuttgart, Rhein-Klinik / Bad Honnef.

When is the study starting and how long is it expected to run?
The study has started in March 2011 and ends in February 2015.
Who is funding the study?
The Heidehof-Stiftung GmbH, Stuttgart/Germany

Who is the main contact?
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