



**HARVARD**  
**T.H. CHAN**  
SCHOOL OF PUBLIC HEALTH



**Massachusetts General Hospital**  
Founding Member, Mass General Brigham

# Indicated, Selective and Universal Depression Prevention

**Olivia I. Okereke, MD, SM**

*Terry and Jean de Gunzburg MGH Research Scholar 2021-2026*

Associate Professor of Psychiatry,

Harvard Medical School

Associate Professor in Epidemiology,

Harvard T. H. Chan School of Public Health

# NAM Prevention Framework

Modality	Target
Indicated	Symptoms present
Selective	High-risk factors present
Universal	General population, regardless of risk status

Institute of Medicine Committee on Prevention of Mental Disorders. Reducing risks for mental disorders; 1994



# Prevention Framework - MDD

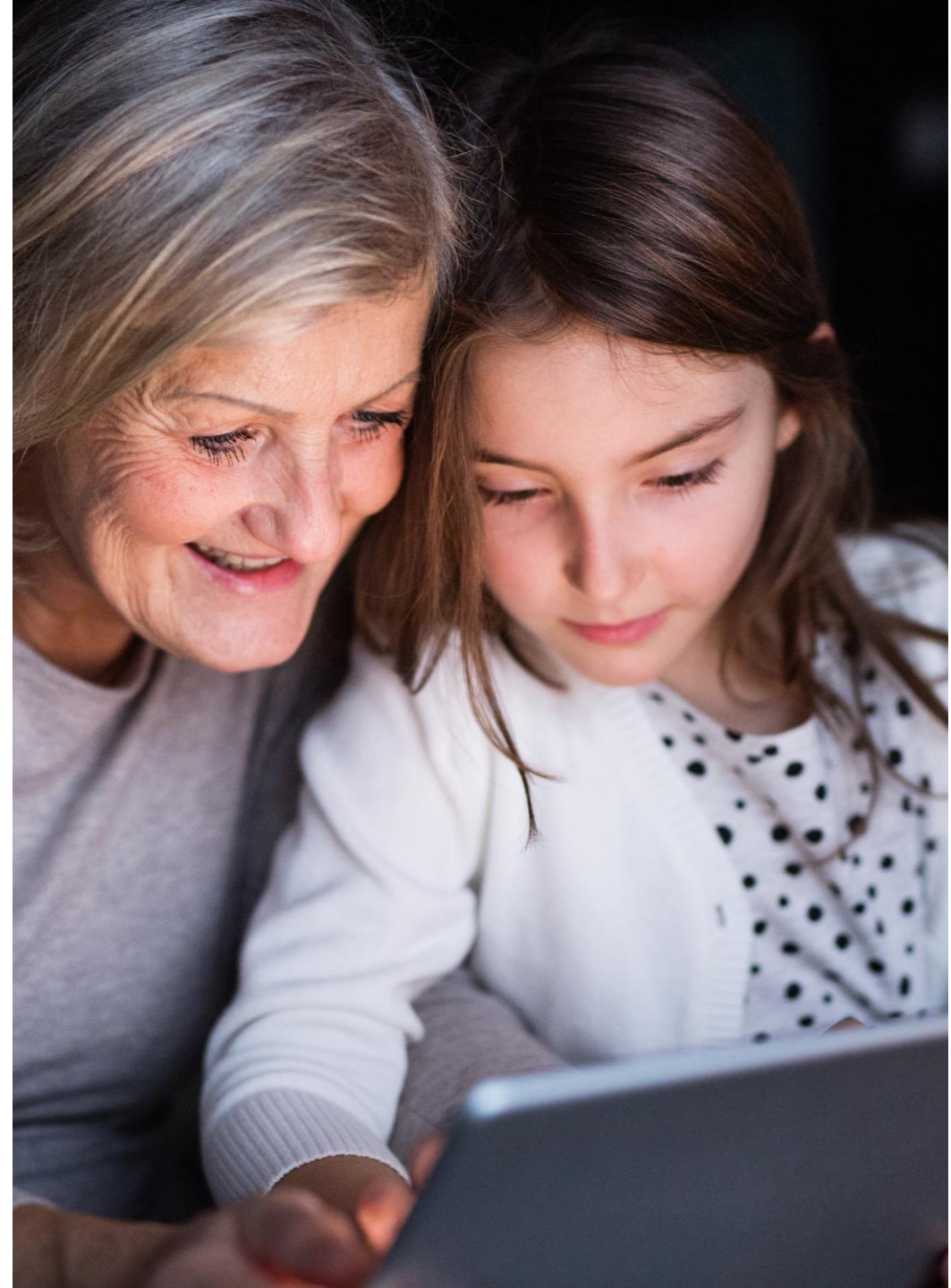
Modality	Target
Indicated	Presence of sub-syndromal depressive symptoms
Selective	High-risk factors: e.g., physical/functional impairment, co-morbidity, low social support, anxiety
Universal	General population, regardless of risk status

JAMA | **Original Investigation**

Effect of Long-term Vitamin D<sub>3</sub> Supplementation vs Placebo  
on Risk of Depression or Clinically Relevant Depressive Symptoms  
and on Change in Mood Scores  
A Randomized Clinical Trial

Olivia I. Okereke, MD, SM; Charles F. Reynolds III, MD; David Mischoulon, MD, PhD; Grace Chang, MD, MPH; Chirag M. Vyas, MBBS, MPH;  
Nancy R. Cook, ScD; Alison Weinberg, MA; Vadim Bubes, PhD; Trisha Copeland, MS, RD; Georgina Friedenberg, MPH; I-Min Lee, MBBS, ScD;  
Julie E. Buring, ScD; JoAnn E. Manson, MD, DrPH

Okereke et al, Contemp Clin Trials, 2018; Okereke et al., JAMA, 2021





- Framework is guide to ongoing and future prevention (e.g., COVID era)
  - Can be applied as technologies evolve
  - Continued innovation needed for universal prevention
  - Part of a larger continuum of health promotion
- 

