



## California Initiative to Advance Precision Medicine

In 2024, CIAPM announced three awardees from the request for proposals, “A Precision Medicine Approach to Improve the Prevention, Diagnosis, and Treatment of Depression.”



## CIAPM's Depression Program

**Program Goals and Collaboration:** Through collaborations between academic, community, and industry partners, these three-year projects aim to improve outcomes in patients with, or at risk for, depression.

**What is depression?** Sad or “empty” mood, diminished interest in activities, fatigue and loss of energy, changes in sleep and/or appetite, aches or pains, difficulty concentrating, feelings of worthlessness and guilt, and thoughts of death and suicide.

### Santa Clara University, Lead Investigator: Greg Hajcak, PhD, \$2.9 Million

Building an Affirming Life and Navigating Challenging Emotions (BALANCE Study)

- **Why:** 20% of all youth experience depression, youth with LGBTQ+ identities are twice as likely to experience depression and are among the least likely to receive mental health services.
- **How:** Test the effectiveness of a personalized digital application and telehealth-based peer counseling, tailored to youth with LGBTQ+ identities.
- **Impact:** The intervention could be scaled broadly to positively impact depression among LGBTQ+ youth and serve as an evidence-based mental health approach.



### University of California, San Diego, Lead Investigator: Suzi Hong, PhD, \$3 Million

Making the Unseen Seen Trial of Depression (MUST-D): Scrutinizing social determinants of depression to advance precision and equitable care

- **Why:** Monitoring of social determinants of health (SDoH) for mental health outcomes is rarely performed or integrated into depression care.
- **How:** Determine effects of SDoH on depression in the most vulnerable and build a system to implement SDoH-informed care by identifying factors that lead to risk or resilience.
- **Impact:** The study aims to uncover barriers to care-seeking and access, address stigma of depression, and enhance culturally-sensitive care.



### University of California, San Francisco, Lead Investigator: Tony Yang, MD, PhD, \$3 Million

Precision Mental Health to Predict Risk, Prevent, and Treat Depression in Publicly Funded Youth

- **Why:** Publicly-funded youth, which often include justice-involved, youth in foster care, low-income youth, typically of color, are at disproportionately higher risk for developing depression.
- **How:** Use precision medicine approaches to identify publicly funded youth at the highest risk for developing depression and who are likely to respond to a mindfulness intervention.
- **Impact:** This study aims to identify risk, prevent, and treat clinical depression in publicly-funded youth via timely and individualized interventions.

