A Wealth of Experience
At RTI Health Solutions, we have collaborated with our clients on more than 275 projects researching mental health disorders, mental health treatment studies, and burden and complications of mental health disorders. Our experience includes:

- Alcohol and drug abuse and dependence
- Anxiety disorders, including
  - Acute stress disorder
  - Generalized anxiety disorder
  - Obsessive-compulsive disorder
  - Panic disorder
  - Post-traumatic stress disorder
  - Social phobia
- Attention deficit hyperactivity disorder
- Bipolar disorder
- Communication disorders
- Dementia
- Depression
- Eating disorders
- Insomnia and other sleep disorders
- Nicotine dependence
- Schizophrenia
- Sexual dysfunction

Types of Projects
We have implemented studies to help our clients design strategies in the mental health market and to develop and gain market access for products to treat mental health illnesses and complications arising from mental health disorders and/or treatment of mental health illnesses. Recent projects have included:

- PRO instrument development, psychometric evaluation, and validation
- PRO studies to support label claims
- Survey research
- Health economic models, including:
  - Cost-effectiveness models
  - Budget impact models
  - Markov models
- Retrospective analyses using health care claims and other databases
- Meta-analysis studies
- Qualitative work with patients, caregivers, and health care professionals, including:
  - Focus groups
  - In-depth interviews
- Literature and instrument reviews
- Economic burden of illness studies
- Epidemiology of disease
- Treatment preference studies
- Preparation of Health Technology Assessment (HTA) submissions
- Stated preference studies
- Benefit-risk preference studies
- Global value dossiers
- Value communication strategies
- Gap analysis for HEOR strategy planning
- Product value and access kits
- Abstract and manuscript development
- Prospective observational studies
- Communication of key strategic nonlabeled claims

Case Study
We built a Markov model to determine whether nalmefene combined with psychosocial support is cost-effective compared with psychosocial support alone for reducing alcohol consumption in alcohol-dependent patients with high/very high drinking risk levels. We measured incremental cost per quality-adjusted life year gained and number of alcohol-attributable harmful events avoided. The study found that nalmefene plus psychosocial support led to the avoidance of an additional 7179 alcohol-attributable diseases/injuries and 309 deaths per 100,000 patients compared with psychosocial support alone over the course of 5 years.