Screening for Mental Illnesses at DOCS Health Fairs

Depression, Anxiety & Substance Abuse Screening

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Mental Health

The World Health Organization defines mental health as a state of well-being in which every individual realizes his or her own potential, can cope with the normal stresses of life, can work productively and fruitfully, and is able to make a contribution to her or his community.
Mental Illness

Medical conditions that disrupt a person's thinking, feeling, mood, ability to relate to others and daily functioning
United States Preventive Services Task Force “USPSTF”

An independent group of national experts in prevention and evidence-based medicine that works to improve the health of all Americans by making evidence-based recommendations about clinical preventive services such as screenings, counseling services, or preventive medications.

http://www.uspreventiveservicestaskforce.org/index.html
Depression
Major Depressive Episode (DSM-IV)

Five (or more) of the following symptoms have been present during the same 2-week period and represent a change from previous functioning; at least one of the symptoms is either (1) depressed mood or (2) loss of interest or pleasure

- Depressed mood
- Diminished interest & pleasure
- Change in appetite; weight loss or weigh gain
- Insomnia or hypersomnia
- Psychomotor retardation or agitation
- Fatigue/loss of energy
- Feelings of worthlessness; inappropriate guilt
- Diminished ability to concentrate
- Recurrent thoughts of death and/or suicide

“SIGECAPS”
Depression Screening

The USPSTF recommends screening adults for depression when staff-assisted depression care supports are in place to assure accurate diagnosis, effective treatment, and follow-up.

Group B Recommendation

The USPSTF recommends the service. There is high certainty that the net benefit is moderate or there is moderate certainty that the net benefit is moderate to substantial.
The PHQ-9 is a useful tool for recognizing not only major depression, but also subthreshold depressive disorder in the general population.
PATIENT HEALTH QUESTIONNAIRE (PHQ-9)

NAME: ___________________________  DATE: ___________________________

Over the last 2 weeks, how often have you been bothered by any of the following problems? (use "✓" to indicate your answer)

<table>
<thead>
<tr>
<th></th>
<th>Not at all</th>
<th>Several days</th>
<th>More than half the days</th>
<th>Nearly every day</th>
</tr>
</thead>
<tbody>
<tr>
<td>1. Little interest or pleasure in doing things</td>
<td>0</td>
<td>1</td>
<td>2</td>
<td>3</td>
</tr>
<tr>
<td>2. Feeling down, depressed, or hopeless</td>
<td>0</td>
<td>1</td>
<td>2</td>
<td>3</td>
</tr>
<tr>
<td>3. Trouble falling or staying asleep, or sleeping too much</td>
<td>0</td>
<td>1</td>
<td>2</td>
<td>3</td>
</tr>
<tr>
<td>4. Feeling tired or having little energy</td>
<td>0</td>
<td>1</td>
<td>2</td>
<td>3</td>
</tr>
<tr>
<td>5. Poor appetite or overeating</td>
<td>0</td>
<td>1</td>
<td>2</td>
<td>3</td>
</tr>
<tr>
<td>6. Feeling bad about yourself—or that you are a failure or have let yourself or your family down</td>
<td>0</td>
<td>1</td>
<td>2</td>
<td>3</td>
</tr>
</tbody>
</table>

Interpretation of Total Score

<table>
<thead>
<tr>
<th>Total Score</th>
<th>Depression Severity</th>
</tr>
</thead>
<tbody>
<tr>
<td>1-4</td>
<td>Minimal depression</td>
</tr>
<tr>
<td>5-9</td>
<td>Mild depression</td>
</tr>
<tr>
<td>10-14</td>
<td>Moderate depression</td>
</tr>
<tr>
<td>15-19</td>
<td>Moderately severe depression</td>
</tr>
<tr>
<td>20-27</td>
<td>Severe depression</td>
</tr>
</tbody>
</table>
Substance Abuse
Substance Abuse (DSM-IV)

Substance abuse is defined as a maladaptive pattern of substance use leading to clinically significant impairment or distress as manifested by one (or more) of the following, occurring within a 12-month period:

- Failure to fulfill major role obligations at work, school, or home
- Recurrent substance use in situations in which it is physically hazardous
- Recurrent substance-related legal problems
- Continued substance use despite having persistent or recurrent social or interpersonal problems caused or exacerbated by the effects of the substance
Alcohol Misuse Screening

The USPSTF recommends screening and behavioral counseling interventions to reduce alcohol misuse by adults, including pregnant women, in primary care settings.

Group B Recommendation

The USPSTF recommends the service. There is high certainty that the net benefit is moderate or there is moderate certainty that the net benefit is moderate to substantial.
CAGE Questionnaire

Twenty-five years after the CAGE questions were published in JAMA, they have been validated in numerous studies as a good, quick primary indicator of the need for further investigation.
CAGE Questions

1. Have you ever felt you should cut down on your drinking?
2. Have people annoyed you by criticizing your drinking?
3. Have you ever felt bad or guilty about your drinking?
4. Have you ever had a drink first thing in the morning to steady your nerves or to get rid of a hangover (eye-opener)?

Scoring:
No = 0
Yes = 1

A score of 2 or greater is clinically significant
Anxiety
Generalized Anxiety Disorder (DSM-IV)

- Excessive anxiety and worry, occurring more days than not for at least 6 months, about a number of events or activities
- The person finds it difficult to control the worry.
- The anxiety and worry are associated with three (or more) of the following six symptoms (with at least some symptoms present for more days than not for the past 6 months)
  - restlessness
  - being easily fatigued
  - difficulty concentrating or mind going blank
  - Irritability
  - muscle tension
  - sleep disturbance
Evidence supports reliability and validity of the GAD-7 as a measure of anxiety in the general population.
### Generalized Anxiety Disorder 7-item (GAD-7) scale

<table>
<thead>
<tr>
<th align="left">Over the last 2 weeks, how often have you been bothered by the following problems?</th>
<th align="left">Not at all sure</th>
<th align="left">Several days</th>
<th align="left">Over half the days</th>
<th align="left">Nearly every day</th>
</tr>
</thead>
<tbody>
<tr>
<td align="left">1. Feeling nervous, anxious, or on edge</td>
<td align="left">0</td>
<td align="left">1</td>
<td align="left">2</td>
<td align="left">3</td>
</tr>
<tr>
<td align="left">2. Not being able to stop or control worrying</td>
<td align="left">0</td>
<td align="left">1</td>
<td align="left">2</td>
<td align="left">3</td>
</tr>
<tr>
<td align="left">3. Worrying too much about different things</td>
<td align="left">0</td>
<td align="left">1</td>
<td align="left">2</td>
<td align="left">3</td>
</tr>
<tr>
<td align="left">4. Trouble relaxing</td>
<td align="left">0</td>
<td align="left">1</td>
<td align="left">2</td>
<td align="left">3</td>
</tr>
<tr>
<td align="left">5. Being so restless that it's hard to sit still</td>
<td align="left">0</td>
<td align="left">1</td>
<td align="left">2</td>
<td align="left">3</td>
</tr>
<tr>
<td align="left">6. Becoming easily annoyed or irritable</td>
<td align="left">0</td>
<td align="left">1</td>
<td align="left">2</td>
<td align="left">3</td>
</tr>
<tr>
<td align="left">7. Feeling afraid as if something awful might happen</td>
<td align="left">0</td>
<td align="left">1</td>
<td align="left">2</td>
<td align="left">3</td>
</tr>
</tbody>
</table>

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Add the score for each column:

Add your column scores =

<table>
<thead>
<tr>
<th align="left">GAD-7 Score</th>
<th align="left">Provisional Diagnosis</th>
</tr>
</thead>
<tbody>
<tr>
<td align="left">0-7</td>
<td align="left">None</td>
</tr>
<tr>
<td align="left">8+</td>
<td align="left">Probable anxiety disorder</td>
</tr>
</tbody>
</table>
Questions?