

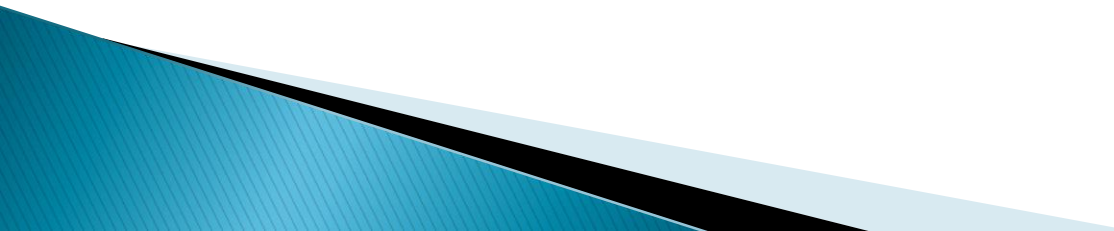
Psychiatric Assessment Tools

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Clinical Intake Form

- **SAVE TIME!!**
- Help retrieve focused information necessary for assessment
- Allow time for development of therapeutic relationship

Anxiety

- ▶ **Generalized Anxiety Disorder –7 (GAD–7)**
 - ▶ Beck Anxiety Inventory
 - ▶ Overall Anxiety Severity and Impairment Scale (OASIS)
 - ▶ PROMIS–Anxiety
- 

Generalized Anxiety Disorder 7-item (GAD-7) scale

| Over the last 2 weeks, how often have you been bothered by the following problems? | Not at all sure | Several days | Over half the days | Nearly every day |
|--|-----------------|--------------|--------------------|------------------|
| 1. Feeling nervous, anxious, or on edge | 0 | 1 | 2 | 3 |
| 2. Not being able to stop or control worrying | 0 | 1 | 2 | 3 |
| 3. Worrying too much about different things | 0 | 1 | 2 | 3 |
| 4. Trouble relaxing | 0 | 1 | 2 | 3 |
| 5. Being so restless that it's hard to sit still | 0 | 1 | 2 | 3 |
| 6. Becoming easily annoyed or irritable | 0 | 1 | 2 | 3 |
| 7. Feeling afraid as if something awful might happen | 0 | 1 | 2 | 3 |
| <i>Add the score for each column</i> | + | + | + | |
| Total Score (<i>add your column scores</i>) = | | | | |

| Total Score | Interpretation |
|-------------|--|
| ≥10 | Possible diagnosis of GAD; confirm by further evaluation |
| 5 | Mild Anxiety |
| 10 | Moderate anxiety |
| 15 | Severe anxiety |

GAD-7

- ▶ Generalized anxiety disorder
 - sensitivity 89%, specificity 82%
- ▶ Panic disorder
 - sensitivity 74%, specificity 81%
- ▶ Social anxiety disorder
 - sensitivity 72%, specificity 80%
- ▶ PTSD
 - sensitivity 66%, specificity 81%
- ▶ Substance-induced anxiety disorder / Anxiety disorder related to a medical condition / Specific phobia

Depression

- ▶ Beck Depression Inventory (BDI)
- ▶ Center for Epidemiological Studies Depression Scale (CES-D)
- ▶ Hamilton Depression Rating Scale (HAM-D)
- ▶ Patient Health Questionnaire
 - PHQ-9
 - PHQ-2

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

| | Not at all | Several days | More than half the days | Nearly every day |
|---|------------|--------------|-------------------------|------------------|
| 1. Little interest or pleasure in doing things | 0 | 1 | 2 | 3 |
| 2. Feeling down, depressed, or hopeless | 0 | 1 | 2 | 3 |
| 3. Trouble falling or staying asleep, or sleeping too much | 0 | 1 | 2 | 3 |
| 4. Feeling tired or having little energy | 0 | 1 | 2 | 3 |
| 5. Poor appetite or overeating | 0 | 1 | 2 | 3 |
| 6. Feeling bad about yourself—or that you are a failure or have let yourself or your family down | 0 | 1 | 2 | 3 |
| 7. Trouble concentrating on things, such as reading the newspaper or watching television | 0 | 1 | 2 | 3 |
| 8. Moving or speaking so slowly that other people could have noticed. Or the opposite—being so fidgety or restless that you have been moving around a lot more than usual | 0 | 1 | 2 | 3 |
| 9. Thoughts that you would be better off dead, or of hurting yourself | 0 | 1 | 2 | 3 |

add columns + +

(Healthcare professional: For interpretation of TOTAL, TOTAL: please refer to accompanying scoring card).

| | | |
|--|----------------------|-------|
| 10. If you checked off any problems, how difficult have these problems made it for you to do your work, take care of things at home, or get along with other people? | Not difficult at all | _____ |
| | Somewhat difficult | _____ |
| | Very difficult | _____ |
| | Extremely difficult | _____ |

PHQ-9

Total Score:

1–4 Minimal depression

5–9 Mild depression

10–14 Moderate depression

15–19 Moderately severe

20–27 Severe depression

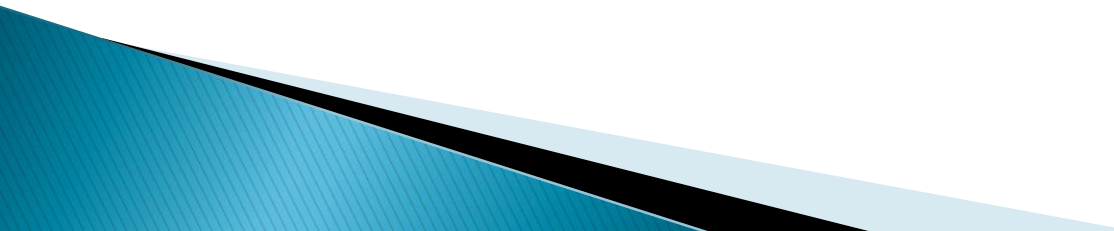
Multiple languages:

www.phqscreeners.com

PHQ-9 Positive Screen

- ▶ Major Depressive Disorder
 - sensitivity 0.83, specificity 0.89 (cutoff 11)
- ▶ Bipolar disorder, depressive episode
- ▶ Bereavement
- ▶ Substance-induced mood disorders
- ▶ Mood disorder secondary to a medical etiology
- ▶ Transient stressors

Bipolar Disorder

- ▶ Mood Disorder Questionnaire (MDQ)
 - ▶ **Bipolar Spectrum Diagnostic Scale (BSDS)**
 - ▶ Structured Clinical Interview for DSM–IV (SCID)
 - ▶ Schedule for Affective Disorder and Schizophrenia (SADS)
 - ▶ Composite Interview Diagnostic Interview (CIDI)
- 

Bipolar Spectrum Diagnostic Scale (BSDS)

- ▶ Some individuals notice that their mood and/or energy levels shift drastically from time to time___. These individuals notice that, at times, their mood and/or energy level is very low, and at other times, very high___. During their “low” phases, these individuals often feel a lack of energy; a need to stay in bed or get extra sleep; and little or no motivation to do things they need to do___. They often put on weight during these periods___. During their low phases, these individuals often feel “blue”, sad all the time, or depressed___. Sometimes, during these low phases, they feel hopeless or even suicidal___. Their ability to function at work or socially is impaired___. Typically, these low phases last for a few weeks, but sometimes they last only a few days___. Individuals with this type of pattern may experience a period of “normal” mood in between mood swings, during which their mood and energy level feels “right” and their ability to function is not disturbed___. They may then notice a marked shift or “switch” in the way they feel___. Their energy increases above what is normal for them, and they often get many things done they would not ordinarily be able to do___. Sometimes, during these “high” periods, these individuals feel as if they have too much energy or feel “hyper”___. Some individuals, during these high periods, may feel irritable, “on edge”, or aggressive___. Some individuals, during these high periods, take on too many activities at once___. During these high periods, some individuals may spend money in ways that cause them trouble___. They may be more talkative, outgoing, or sexual during these periods___. Sometimes, their behavior during these high periods seems strange or annoying to others___. Sometimes, these individuals get into difficulty with co-workers or the police, during these high periods___. Sometimes, they increase their alcohol or non-prescription drug use during these high periods_____.

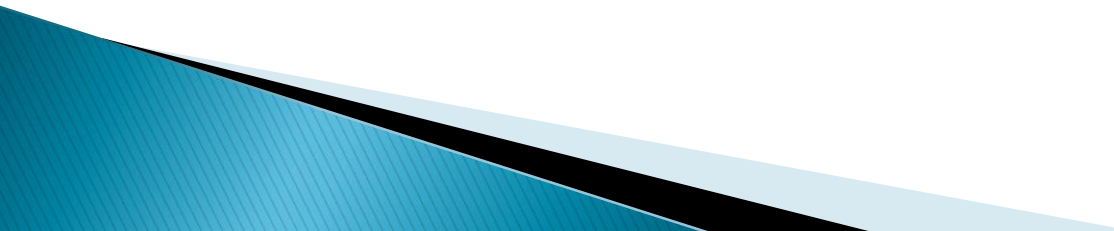
BSDS

- ▶ Now that you have read this passage, please check one of the following four boxes:
 - () This story fits me very well, or almost perfectly
 - () This story fits me fairly well
 - () This story fits me to some degree, but not in most respects
 - () This story does not really describe me at all
- ▶ Now please go back and put a check after each sentence that definitely describes you.

Scoring: each sentence checked is worth one point. Add six points for “fits me very well,” 4 points for “fits me fairly well,” and two points for “fits me to some degree.”

- | | |
|---------------|--------------------------------|
| ▶ Total score | Likelihood of bipolar disorder |
| ▶ 0-6 | Highly unlikely |
| ▶ 7-12 | Low probability |
| ▶ 13-19 | Moderate probability |
| ▶ 20-25 | High probability |

Positive BSDS:

- ▶ Bipolar I Disorder
 - ▶ Bipolar II Disorder
 - ▶ Cyclothymic disorder
 - ▶ Substance-induced mood disorders
 - ▶ Mood instability/reactivity related to Cluster B personality disorder
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Summary

- ▶ To improve efficiency, use of clinical intake form and screening tests are recommended. Recommended tests are:
 - Anxiety: GAD7
 - Depression: PHQ9
 - Bipolar disorder: BSDS
- ▶ Diagnostic interview is necessary for diagnostic clarification.
- ▶ GAD7 and PHQ9 can be used on follow up to assess efficacy of treatment.
- ▶ The previously mentioned clinical intake forms and screening assessment tools are available on the Box.

Questions?

