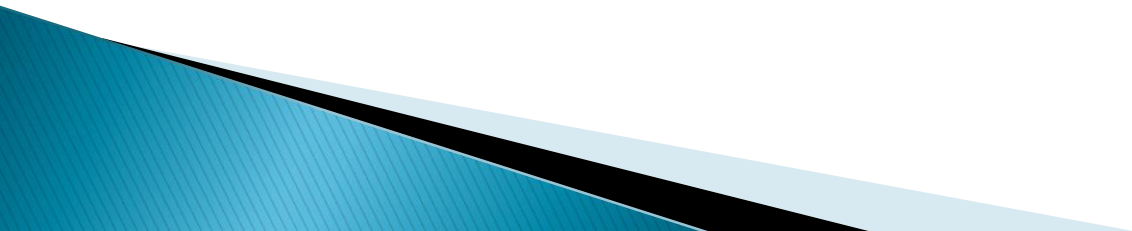


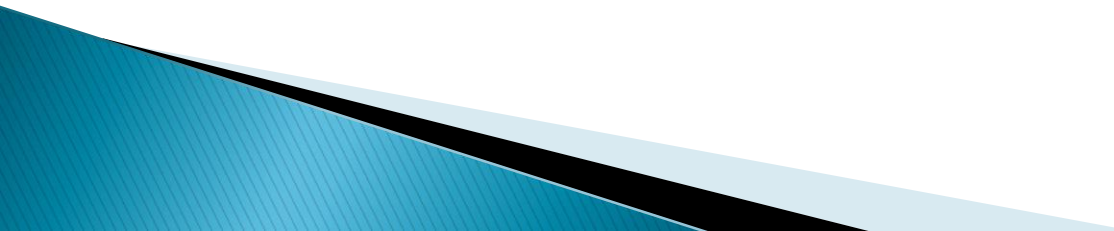
Psychiatric Assessment Tools

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Psychiatry Resident

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

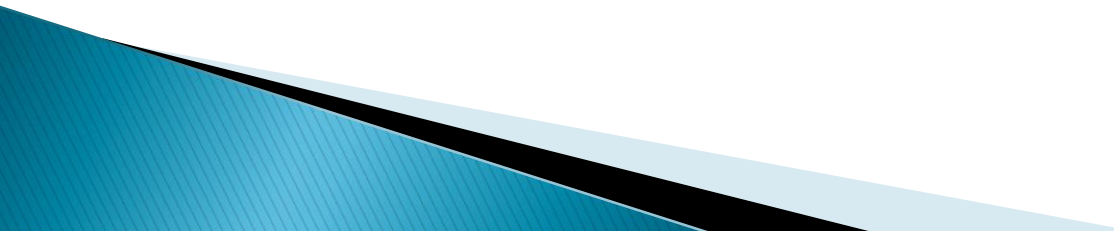
Over the last 2 weeks, how often have you been bothered by the following problems?	Not at all sure	Several days	Over half the days	Nearly every day
1. Feeling nervous, anxious, or on edge	0	1	2	3
2. Not being able to stop or control worrying	0	1	2	3
3. Worrying too much about different things	0	1	2	3
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 (add your column scores) =				

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, 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

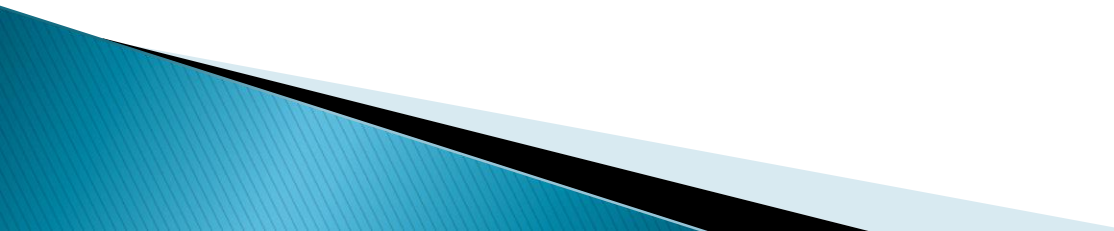
20–27 Severe depression

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_____.

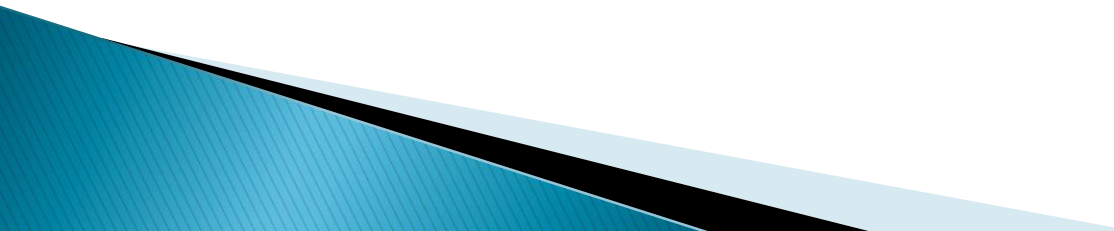
BSDS

- ▶ 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
- 

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?

