

## Mental Health Screening in the IHS Population

David Price, MD

Clinical Lead, Integrated Behavioral Health, Kaiser Permanente Care Management Institute  
 Professor, Family Medicine, University of Colorado School of Medicine  
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## Faculty Disclosure

I have no relationships with or device companies.

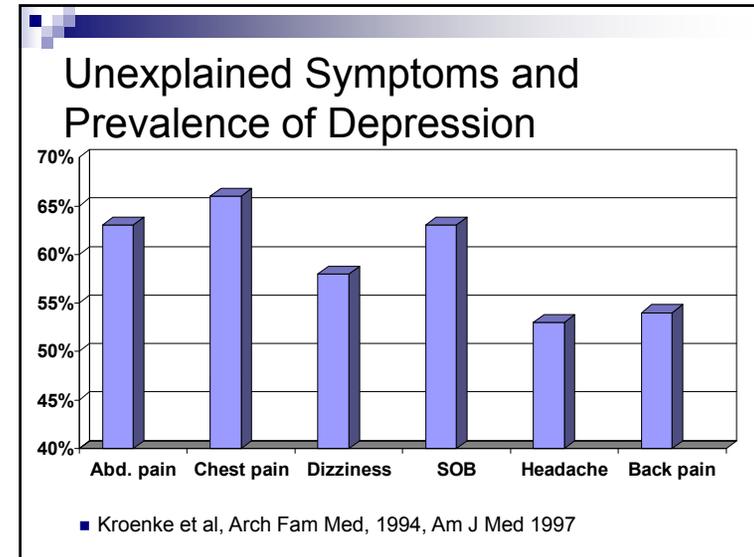
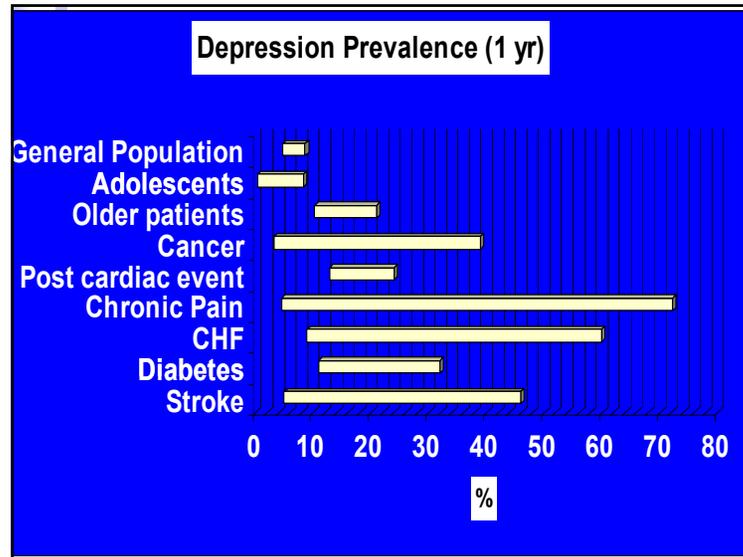


## Evidence for **General** Screening in Primary Care Populations

Condition	Evidence	Notes
Depression	USPSTF- B	Adults & ages 7-18; if systems in place for f/u & tx
Alcohol misuse	USPSTF- B	Screening & Counseling
Domestic Violence	USPSTF - I ACOG consensus - Screen pregnant ♀ and routinely	Lack of studies on tools and preventing disability or death

## IPV screening

- Recommendations for general screening may not apply to specific higher risk populations
- Prevalence of IPV among Native Americans 23.2/1,000 (8.2/1,000 for white & 11.2/1,000 for black ♀).
  - The 1993 – 1998 National Violent Victimization and Race Survey



## Depression and Alcohol Abuse

- Alcohol abuse + dependence: 14%  
12-month/40% lifetime MDD prevalence
- Alcohol use disorder increases depression risk 2-4X
- Depression increases risk of alcohol misuse up to 4X

## Your Reaction?

- USPSTF: Screen all adults for MDD
- NNS/T = 110-160.
  - No specific culling out of IHS population
  - NNS will be lower with higher MDD prevalence
  - Frequency of screening unknown

## Barriers to Screening

- Time (competing demands)
- Team (efficient systems)
- Tools
- “What do I do if it’s positive?”
- Patient resistance
  - stigma, labeling
  - Other conditions
  - Competing demands (which tx can I afford)

## 2 Question Screener

During the past month, have you often been bothered by:

- feeling down, depressed, or hopeless?
- little interest or pleasure in doing things?

- Sensitivity 0.96 (4% false -) written, .97 oral
- Specificity 0.57 (43% false +) written, .67 oral

10

## Asking “help” question may increase specificity of PHQ2

	Sensitivity vs. PHQ9>15	Specificity vs PHQ9 >15
PHQ2 w/o help question	98%	73%
PHQ2 with help question*		98%

- \* If yes to either or both of these 2 questions, do you want help with this? (No/Yes, but not today/ Yes)
- Most yes responses were “yes but not today”
  - Goodyear-Smith F, Arrol B, Coupe N. Ann Fam Med 2009;7:239-244

11

## PHQ-9

- 9 questions corresponding to DSM-IV criteria for MDD
- Sensitivity and specificity ≈ 88% (Kroenke, others)
- Not specifically studied in Native populations but similar in Latino, Chinese, and non-Hispanic white populations (Huang et al, J Gen Int Med 2006)

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 in some way	0	1	2	3

5, 10, 15, 20 = cutpoints for mild, moderate, moderately severe, severe depression

## + PHQ 9 Question 9 (Suicidality)

- Mostly passive thoughts (life not worth living, wish would not wake up, etc)
- Most respond “no” to the 3 Ps
  - Plan
  - Past hx suicide attempt
  - Probability (low)
- 3F’s prevent action:
  - Family, Faith, Fear of Failing

## CAGE

- Cut down
- Anger
- Guilt
- Eye-opener

70-75% sensitivity/specificity with 2+ questions

**The Alcohol Use Disorders Identification Test: Self-Report Version**

PATIENT: Because alcohol use can affect your health and can interfere with certain medications and treatments, it is important that we ask some questions about your use of alcohol. Your answers will remain confidential so please be honest. Place an X in one box that best describes your answer to each question.

Questions	0	1	2	3	4
1. How often do you have a drink containing alcohol?	Never	Monthly or less	2-4 times a month	2-3 times a week	4 or more times a week
2. How many drinks containing alcohol do you have on a typical day when you are drinking?	1 or 2	3 or 4	5 or 6	7 to 9	10 or more
3. How often do you have six or more drinks on one occasion?	Never	Less than monthly	Monthly	Weekly	Daily or almost daily
4. How often during the last year have you found that you were not able to stop drinking once you had started?	Never	Less than monthly	Monthly	Weekly	Daily or almost daily
5. How often during the last year have you failed to do what was normally expected of you because of drinking?	Never	Less than monthly	Monthly	Weekly	Daily or almost daily
6. How often during the last year have you needed a first drink in the morning to get yourself going after a heavy drinking session?	Never	Less than monthly	Monthly	Weekly	Daily or almost daily
7. How often during the last year have you had a feeling of guilt or remorse after drinking?	Never	Less than monthly	Monthly	Weekly	Daily or almost daily
8. How often during the last year have you been unable to remember what happened the night before because of your drinking?	Never	Less than monthly	Monthly	Weekly	Daily or almost daily
9. Have you or someone else been injured because of your drinking?	No		Yes, but not in the last year		Yes, during the last year
10. Has a relative, friend, doctor, or other health care worker been concerned about your drinking or suggested you cut down?	No		Yes, but not in the last year		Yes, during the last year
					<b>Total</b>

Sensitivity ≈90-95%

Specificity ≈80-85%

cutpoint of 8

## ACOG DV screening

- "Because violence is so common in many women's lives and because there is help available for women being abused, I now ask every patient about domestic violence:
- Within the past year -- or since you have been pregnant -- have you been hit, slapped, kicked or otherwise physically hurt by someone?
- Are you in a relationship with a person who threatens or physically hurts you?
- Has anyone forced you to have sexual activities that made you feel uncomfortable

## HITS tool

**HITS Tool for Intimate Partner Violence Screening:** Please read each of the following activities and fill in circle that best indicates the frequency with which you partner acts in the way depicted.

How often does your partner?	Never	Rarely	Sometimes	Fairly often	Frequently
1. Physically hurt you	0	0	0	0	0
2. Insult or talk down to you	0	0	0	0	0
3. Threaten you with harm	0	0	0	0	0
4. Scream or curse at you	0	0	0	0	0
	1	2	3	4	5

- >10 = positive
- Not yet widely used/validated

■ Sherin, KM Fam Med 1998;30(7):508-12.  
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kevin\_sherin@doh.state.fl.us

## Dealing with stigma (from Kroenke)

- Medicalize (neurotransmitter imbalance, chicken & egg, analogy to HTN, DM)
- Celebritize – famous people (Winston Churchill, Abraham Lincoln, Mike Wallace, Brooke Shields)
- Publicize – media, schools, public health
- Optimize – emphasize treatability

19

## MH screening is a team sport



Don't go it alone!

20

## Care Pathways Increase Tx Effectiveness

- “2 systematic reviews & 8 subsequent RCTs found care pathways improved effectiveness of tx for depression c/w usual care in pts >18 with mild-moderate depression.
- Clinical Evidence, v14, May 2006

21

## Depression Care Pathways

- Screening for depression
- Pt. education
- Collaboration w/specialty MH (stepped care)
- Written/AV materials for patients
- Active f/u & response to f/u
- Group psycho-education
- Pt. checklists
- Clinician education & guidelines
- Pharmacy feedback
- Pt. self care strategies

22

## Multifactorial Depression Interventions

Williams et al, Gen Hosp Psych 2007

- 28 RCTs, 10910 patients, >300 practices, 1821 clinicians
- Most trials 3-4 components
- All required some extra resources
- Telephone delivered 16/28
- Improved outcomes 20/28
- NNT approximately 5

23

## Intervention components in 28 successful trials (Williams, 2007)

Care manager (working with physician on GL based care)	28
Patient support/ed	28
Monitoring sxs & adherence	24
Self management support	10
Psychological txs	5

24

## Collaborative Care

- Patient
  - Shared decision making re treatment
  - Involvement in care
- Depression Care Manager (RN)
- PCP
  - Prescribes antidepressants
  - Monitors & treats comorbidities
- MH Professional
  - Consults

25

## Collaborative Care

- > standard care in improving short & long term depression outcomes in 1<sup>o</sup> care.
  - Meta-analysis: 37 RCTs, 12355 depressed pts.
- Small-moderate effect size; = to  $\Psi$ tx & meds
  - SMD 0.25 ( 0.18-0.32) @ 6 mo
- Effectiveness related to med compliance & care manager background or supervision.

□ Gilbody S et al. Arch Intern Med. 2006;166:2314-2321

26

“Be careful about reading health books. You may die of a misprint.”

Mark Twain