

Screening for Comorbid Mental Health Disorders in Adult Patients with Depression

Peter Amann, MD

MaineHealth, Primary Care Mental Health Program

Neil Korsen, MD MS, Medical Director

Cynthia Cartwright, MT RN MSED

Maine Medical Center

Physician Hospital Organization

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Overview of this Module

- Prevalence, onset, and characteristics of common psychiatric comorbidities of depression
- MaineHealth Adult Wellbeing screening tool
- Assessment of common comorbidities
 - Assessment tools
 - Scoring and next steps
 - Evidence
- References

Comorbidity

- Comorbidity refers to the co-occurrence of disorders within the same individual.
- The National Comorbidity Survey determined that 45% of those with one mental health disorder met the criteria for at least one more disorder.
- Research also shows that substance use disorders are often associated with primary mental health disorders such as anxiety, depression, or bipolar disorder.

Prevalence – Mental Health Disorders

- Most common disorders within a 12-month period:
 - Specific phobia 9%
 - Social phobia 7%
 - Major depression 7%

- The most prevalent lifetime disorders:
 - Anxiety disorders 29%
 - Mood disorders 21%
 - Impulse-control disorders 25%
 - Substance use disorders 15%

Onset (I'm not sure this slide adds much useful info)

- Median age for anxiety disorders (age 11) and impulse-control disorders (age 11) is much earlier than for substance use disorders (age 20) and mood disorders (age 30).
- Individuals with comorbid disorders tend to have earlier onset of the first disorder compared to patients with only one mental health disorder.

Comorbidities of Depression

- While there are other comorbid disorders, this Module will focus on:
 - Anxiety Disorders including Post Traumatic Stress Disorder (PTSD)
 - Bipolar Disorder
 - Substance Use Disorders
 - Impulse Control Disorders including Attention-Deficit/Hyperactivity Disorder (ADHD)

Anxiety Disorders

- Anxiety disorders often accompany depression.
- Common anxiety disorders include:
 - Post-traumatic stress disorder (PTSD)
 - Obsessive-compulsive disorder (OCD) (GAD 7 doesn't screen for this – should we delete?)
 - Panic disorder
 - Social phobia
 - Generalized anxiety disorder (GAD)

Anxiety Disorders

- There is a strong association between lifetime risks for panic disorder and major depression. (odds ratio 6.8). If an individual has one of these disorders he or she has a 25-50% chance of developing the other.
- Patients with untreated anxiety have functional impairment similar to that of patients with chronic physical diseases such as diabetes and congestive heart failure.

Generalized Anxiety Disorder

- People with GAD suffer from excessive anxiety or worry more than half the days for at least 6 months.
- Symptoms of worry include restlessness, fatigue, difficulty concentrating, muscle tension, irritability and/or sleep disturbance.
- Symptoms interfere with daily functioning.

Panic Disorder

- People with panic disorder have unexpected panic attacks as well as at least one month of worry about the attacks and change in behavior related to the attacks.
- People with panic disorder commonly have other mental health conditions such as depression or other anxiety disorders.

Post Traumatic Stress Disorder

- People experiencing PTSD are especially prone to having co-occurring depression.
- PTSD is a debilitating condition that can result after a terrifying event or ordeal, such as a violent assault, a natural disaster, an accident, terrorism, or military combat.
- A National Institute of Mental Health (NIMH)–funded study showed that more than 40% of people with PTSD also had depression at one-month and four-month intervals after the traumatic event.
- PTSD is associated with significant problems in living, including alcohol abuse, marital problems, unemployment, and suicidal ideation.
- PTSD is also associated with high levels of use of medical services.

Social Anxiety Disorder

- People with social anxiety disorder (also known as social phobia) suffer from fear related to social or performance situations.
 - Fear is primarily related to embarrassment
- Fear leads to avoidance and to changes in behavior.

Bipolar Disorder

- About 5.7 million American adults (~2.6%) age 18 and older in any given year have bipolar disorder.
- Bipolar disorder typically develops in late adolescence or early adulthood.
- Symptoms are marked by dramatic mood swings – feeling “high” and/or irritable to feeling sad or hopeless then back again.

Substance use disorders

- An estimated 17.6 million American adults (8.5%) meet diagnostic criteria for an alcohol use disorder.
- Approximately 4.2 million (2%) meet criteria for a drug use disorder.
- Overall, 19.4 million of American adults (9.4%) meet clinical criteria for a substance use disorder - either an alcohol or drug use disorder or both.
- About 20% of persons with a current substance use disorder experience a mood or anxiety disorder at the same time and vice versa.

Attention Deficit Hyperactivity Disorder

- An estimated 15% of adults with depression have comorbid ADHD.
- Most clinicians miss ADHD in patients who have major depressive disorder (MDD).
- Patients with comorbid ADHD and MDD tended to be younger, have a history of dysthymia (chronic depression), alcohol and substance abuse, and a greater number of personality disorders.



Screening and Assessment for Common Psychiatric Comorbidities of Depression

MaineHealth Adult Wellbeing Screener

- We have developed a one-page screening tool for use in primary care.
- A positive screen leads to the patient completing an assessment for the corresponding condition:
 - Q 1,2. Depression PHQ-9
 - Q 3,4. Anxiety GAD-7
 - Q 5,6. Bipolar Disorder MDQ
 - Q 7,8. Alcohol/ Substance Abuse AC-OK
- **A positive screen requires additional evaluation before a definitive diagnosis can be made.**
- Q 9 addresses sleep and Q 10 is a functional assessment.
- See the scoring guide on the next slide. The red outline indicates positive screening.

Adult Wellbeing – Scoring Guide

Over the last 2 weeks, how often have you been bothered by any of the following problems?	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. Feeling nervous, anxious, or on edge	0	1	2	3
4. Not being able to stop or control worrying	0	1	2	3

1,2. If questions 1 &/or 2 are 2 or 3, administer the Patient Health Questionnaire (PHQ-9).

3,4. If questions 3 &/or 4 are 2 or 3, administer the Generalized Anxiety Disorder (GAD-7) Scale.

Has there ever been a period of time when you were not your usual self and...	No	Yes
5. ... you felt so good or full of energy that other people thought you were not your normal self or it got you into trouble? (e.g., unable to sleep, over-spending, gambling)	<input type="checkbox"/>	<input type="checkbox"/>
6. ...you were so irritable that you shouted at people or started fights or arguments?	<input type="checkbox"/>	<input type="checkbox"/>














































5,6. If questions 6 and/or 7 are "Yes," administer the Mood Disorders Questionnaire (MDQ).

During the past year:	No	Yes
7. Have you had 4 or more drinks (women) / 5 or more drinks (men) in a day?	<input type="checkbox"/>	<input type="checkbox"/>
8. Have you used an illegal drug or used a prescription drug for a non-medical reason?	<input type="checkbox"/>	<input type="checkbox"/>

7,8. If questions 7 and/or 8 are "Yes," administer the AC-OK.

Over the last 4 weeks:	No	Yes
9. Have you had a problem with sleep more than occasionally? (This could include: trouble falling asleep, waking frequently, or sleeping too much.)	<input type="checkbox"/>	<input type="checkbox"/>

9. If the answer to question 9 is "Yes", further assessment of this person's sleep pattern is warranted.

DAILY ACTIVITIES	SOCIAL ACTIVITIES	OVERALL HEALTH																																													
<p>During the past 4 weeks...</p> <p>How much of the time did you have trouble doing your usual activities? (e.g., walking, climbing stairs, carrying groceries, driving, shopping, etc.)</p> <table border="1"> <tr> <td>Not at all</td> <td></td> <td>1</td> </tr> <tr> <td>A little</td> <td></td> <td>2</td> </tr> <tr> <td>Some</td> <td></td> <td>3</td> </tr> <tr> <td>Most</td> <td></td> <td>4</td> </tr> <tr> <td>Completely</td> <td></td> <td>5</td> </tr> </table>	Not at all		1	A little		2	Some		3	Most		4	Completely		5	<p>During the past 4 weeks...</p> <p>How much of the time did you have trouble doing your usual social activities? (e.g., visiting with family or friends, going to church, etc.)</p> <table border="1"> <tr> <td>Not at all</td> <td></td> <td>1</td> </tr> <tr> <td>A little</td> <td></td> <td>2</td> </tr> <tr> <td>Some</td> <td></td> <td>3</td> </tr> <tr> <td>Most</td> <td></td> <td>4</td> </tr> <tr> <td>Completely</td> <td></td> <td>5</td> </tr> </table>	Not at all		1	A little		2	Some		3	Most		4	Completely		5	<p>During the past 4 weeks...</p> <p>How much of the time did you have trouble with your overall health?</p> <table border="1"> <tr> <td>Excellent</td> <td></td> <td>1</td> </tr> <tr> <td>Very good</td> <td></td> <td>2</td> </tr> <tr> <td>Good</td> <td></td> <td>3</td> </tr> <tr> <td>Fair</td> <td></td> <td>4</td> </tr> <tr> <td>Poor</td> <td></td> <td>5</td> </tr> </table>	Excellent		1	Very good		2	Good		3	Fair		4	Poor		5
Not at all		1																																													
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10. A score of '4' or '5' on any of these suggest a functional impairment that should be assessed further.

Patient Health Questionnaire (PHQ-9) for depression

Over the last 2 weeks, how often have you been bothered by any of the following problems?	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

- **Questions 1 and 2** on the Adult Wellbeing screening tool address depression.
- A positive screen for depression: 2 or 3 on questions 1 and/or 2.
- The PHQ-9 should be administered following a positive screen.
- See eLearn Module 1: Using the PHQ-9 for Diagnosis and Management of Depression for details.

Generalized Anxiety Disorder 7-item Scale (GAD-7) for Anxiety

Over the last 2 weeks, how often have you been bothered by any of the following problems?	Not at all	Several days	More than half the days	Nearly every day
1. Feeling nervous, anxious, or on edge	0	1	2	3
1. Not being able to stop or control worrying	0	1	2	3

- **Questions 3 and 4** on the Adult Wellbeing screening tool address anxiety.
- A positive screen for anxiety: 2 or 3 on questions 1 and/or 2.
- The GAD-7 should be administered following a positive screen.

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

Today's Date: _____ Name: _____ Date of Birth: _____

Over the last 2 weeks, how often have you been bothered by any of the following problems?	Not at all	Several days	More than 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 annoyed or irritable	0	1	2	3
7. Feeling afraid as if something awful might happen	0	1	2	3
Total each column				

A. 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

GAD-7 - Scoring

GAD-7 Score	Symptoms	Treatment Recommendations
5-9	Mild	Watchful waiting
10-14	Moderate	Psychotherapy – first line of treatment
≥15	Severe	Medication and/or psychotherapy

GAD-7 - Evidence

- The GAD-7 was administered to 965 primary care patients, who also had a structured interview, to detect an anxiety disorder.
- 19.5% of these patients had at least 1 anxiety disorder.
- The GAD-7 was shown to be a valid tool for the diagnosis of generalized anxiety disorder.
- The GAD-7 has been shown to have reasonable sensitivity and specificity for 4 common disorders (GAD, Panic, Social Anxiety and PTSD)
- Patients with anxiety had worse functional status, more disability days, and more physician visits, but 41% were not being treated for any anxiety disorder.

Kroenke K, et al. Anxiety Disorders in Primary Care: Prevalence, Impairment, Comorbidity, and Detection. *Ann Intern Med.* 2007;146:317-325.

Mood Disorders Questionnaire (MDQ) for Bipolar Disorder

Has there ever been a period of time when you were not your usual self and...	No	Yes
5. ... you felt so good or full of energy that other people thought you were not your normal self or it got you into trouble? (e.g., unable to sleep, over-spending, gambling)	<input type="checkbox"/>	<input type="checkbox"/>
6. ...you were so irritable that you shouted at people or started fights or arguments?	<input type="checkbox"/>	<input type="checkbox"/>

- **Questions 5 and 6** on the Adult Wellbeing Screener address bipolar disorder.
- A “yes” answer to either question 5 or 6 constitutes a positive screen.
- The MDQ should be administered following a positive screen.

The Mood Disorder Questionnaire (MDQ)

Today's Date: _____ Name: _____ Date of Birth: _____

	YES	NO
1. Has there ever been a period of time when you were not your usual self and...		
... you felt so good or so hyper that other people thought you were not your normal self or you were so hyper that you got into trouble?	<input type="checkbox"/>	<input type="checkbox"/>
... you were so irritable that you shouted at people or started fights or arguments?	<input type="checkbox"/>	<input type="checkbox"/>
... you felt much more self-confident than usual?	<input type="checkbox"/>	<input type="checkbox"/>
... you got much less sleep than usual and found you didn't really miss it?	<input type="checkbox"/>	<input type="checkbox"/>
... you were much more talkative or spoke much faster than usual?	<input type="checkbox"/>	<input type="checkbox"/>
... thoughts raced through your head or you couldn't slow your mind down?	<input type="checkbox"/>	<input type="checkbox"/>
... you were so easily distracted by things around you that you had trouble concentrating or staying on track?	<input type="checkbox"/>	<input type="checkbox"/>
... you had much more energy than usual?	<input type="checkbox"/>	<input type="checkbox"/>
... you were much more active or did many more things than usual?	<input type="checkbox"/>	<input type="checkbox"/>
... you were much more social or outgoing than usual; for example, you telephoned friends in the middle of the night?	<input type="checkbox"/>	<input type="checkbox"/>
... you were much more interested in sex than usual?	<input type="checkbox"/>	<input type="checkbox"/>
... you did things that were unusual for you or that other people might have thought were excessive, foolish, or risky?	<input type="checkbox"/>	<input type="checkbox"/>
... spending money got you or your family into trouble?	<input type="checkbox"/>	<input type="checkbox"/>
2. If you checked YES to more than one of the above, have several of these ever happened during the same period of time?	<input type="checkbox"/>	<input type="checkbox"/>
3. How much of a problem did any of these cause you—like being unable to work; having family, money, or legal troubles; or getting into arguments or fights?		
<input type="checkbox"/> no problem <input type="checkbox"/> minor problem <input type="checkbox"/> moderate problem <input type="checkbox"/> serious problem		

MDQ – Scoring & Evidence

- Scoring: Suggests bipolar disorder if:
 - Question 1 Seven or more “Yes” responses **AND**
 - Question 2 “Yes” **AND**
 - Question 3 “Yes” -- moderate or serious problem
- Any patient who screens positive on the Mood Disorder Questionnaire (MDQ) should have further evaluation for bipolar disorder by a mental health professional.
- This questionnaire is not a diagnostic tool.
- The Mood Disorder Questionnaire (MDQ) is valid and reliable for screening.

Hirschfeld R, et al. Development and validation of a screening instrument for bipolar spectrum disorder: the Mood Disorder Questionnaire. *Am J Psychiatry*. 2000;157;1873-1875.

MaineHealth Adult Wellbeing Screener – Substance Abuse

During the past year:	No	Yes
7. Have you had 4 or more drinks (women) / 5 or more drinks (men) in a day?	<input type="checkbox"/>	<input type="checkbox"/>
8. Have you used an illegal drug or used a prescription drug for a non-medical reason?	<input type="checkbox"/>	<input type="checkbox"/>

- **Question 7** is recommended by the National Institute on Alcohol Abuse and Alcoholism (NIAAA). The single-question screen was 81.8% sensitive and 79.3% specific in the detection of unhealthy alcohol use.
- **Question 8** was found to be 100% sensitive and 74% specific for identifying people with a drug use disorder in a 2007 study.
- A “yes” answer to either question 7 or 8 is a positive screen for substance abuse.
- The AC-OK should be administered.

AC-OK Screen

Today's Date: _____ Name: _____ Date of Birth: _____

	YES	NO
During the past year:		
1. Have you been preoccupied with drinking alcohol and/or using other drugs?	<input type="checkbox"/>	<input type="checkbox"/>
2. Have you experienced problem caused by drinking alcohol and/or using other drugs, and you kept using?	<input type="checkbox"/>	<input type="checkbox"/>
3. Do you, at times, drink alcohol and/or use drugs more than you intended?	<input type="checkbox"/>	<input type="checkbox"/>
4. Have you needed to drink more alcohol and/or use more drugs to get the same effect you used to get with less?	<input type="checkbox"/>	<input type="checkbox"/>
5. Do you, at times, drink alcohol and/or use other drugs to alter the way you feel?	<input type="checkbox"/>	<input type="checkbox"/>
6. Have you tried to stop drinking alcohol and/or using other drugs, but couldn't?	<input type="checkbox"/>	<input type="checkbox"/>

AC-OK – Scoring & Evidence

- One “yes” answer suggests further assessment for substance abuse.
- The AC-OK Screen is not diagnostic.
- Need a sentence about evidence for AC-OK

MaineHealth Adult Wellbeing Screener - Sleep

Over the last 4 weeks:	No	Yes
9. Have you had a problem with sleep more than occasionally? (This could include: trouble falling asleep, waking frequently, or sleeping too much.)	<input type="checkbox"/>	<input type="checkbox"/>








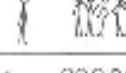


- **Question 9** addresses sleep.
- We recommend a general screen for sleep problems for two reasons:
 - As another way of identifying people who might have an unrecognized mental health condition
 - To identify people for whom addressing sleep disturbance may be an important component of care for their mental health condition(s)

Managing Sleep Problems

Sleep problems can be approached in a stepwise fashion:

1. Assess sleep hygiene such as the environment in which the patient is sleeping, caffeine intake and others
2. Brief, problem-focused psychotherapy
3. Pharmacology - trazodone, benzodiazepines (short term, if no significant abuse risk), sedative-hypnotics (e.g., zolpidem, zopiclone)

MaineHealth Adult Wellbeing Screener – Functional Assessment

DAILY ACTIVITIES		SOCIAL ACTIVITIES		OVERALL HEALTH		
During the past 4 weeks...						
How much difficulty have you had doing your usual activities or tasks, both inside and outside the home because of your physical and emotional health?						
No difficulty at all		1	Not at all			1
A little difficulty		2	Slightly			2
Some difficulty		3	Moderately			3
Much difficulty		4	Definitely			4
Could not do		5	Extremely			5

10. A score of '4' or '5' on any of these suggest a functional impairment that should be assessed further.

- **Question 10** is a functional assessment for daily and social activities and overall health. This validated assessment will provide information about how much the problems identified are affecting the patient's ability to function. It can also serve as an outcome measure.

ADD / ADHD

- ADD/ADHD is often comorbid with depression.
- Adults are increasingly presenting to their primary care clinicians concerned about possible ADD/ADHD.
- There is not consensus about the value of screening for ADD/ADHD or treating the condition if suspected. Therefore, it is not included as a condition on the MaineHealth Adult Wellbeing Screener.
- A mental health referral is suggested when ADD/ADHD is suspected unless the diagnosis is clear-cut.

Adult ADHD Self-Report Scale (ASRS v1.1) for ADD/ADHD

- The **Adult ADHD Self-Report Scale (ASRS v1.1)** was developed in conjunction with the World Health Organization (WHO) and the Workgroup on Adult ADHD, and is intended for people ages 18 and older.
- **Part A**, the first 6 questions of the ASRS v1.1, is consistent with DSM-IV criteria and addresses the manifestations of ADHD symptoms in adults.
- **Part B** of the ASRS v1.1 consists of 12 questions that may help determine ADHD subtype.
- Although the ASRS comprised only 6 questions, this brief screener for adults is quite accurate
 - 80% of adults who garnered a positive score turned out to be ADHD positive when they underwent a full evaluation
- The ASRS v1.1 is copyrighted by the World Health Organization. It is approved for unrestricted use with copyright acknowledgment.

Adult ADHD Self-Report Scale (ASRS-v1.1) Symptom Checklist

Today's Date: _____ Name: _____ Date of Birth: _____

Please answer the questions below, rating yourself on each of the criteria shown using the scale on the right side of the page. As you answer each question, place an X in the box that best describes how you have felt and conducted yourself over the past 6 months. Please give this completed checklist to your healthcare professional to discuss during today's appointment.	Never	Rarely	Sometimes	Often	Very often
1. How often do you have trouble wrapping up the final details of a project, once the challenging parts have been done?					
2. How often do you have difficulty getting things in order when you have to do a task that requires organization?					
3. How often do you have problems remembering appointments or obligations?					
4. When you have a task that requires a lot of thought, how often do you avoid or delay getting started?					
5. How often do you fidget or squirm with your hands or feet when you have to sit down for a long time?					
6. How often do you feel overly active and compelled to do things, like you were driven by a motor?					
Part A					
7. How often do you make careless mistakes when you have to work on a boring or difficult project?					
8. How often do you have difficulty keeping your attention when you are doing boring or repetitive work?					
9. How often do you have difficulty concentrating on what people say to you, even when they are speaking to you directly?					
10. How often do you misplace or have difficulty finding things at home or at work?					
11. How often are you distracted by activity or noise around you?					
12. How often do you leave your seat in meetings or other situations in which you are expected to remain seated?					
13. How often do you feel restless or fidgety?					
14. How often do you have difficulty unwinding and relaxing when you have time to yourself?					
15. How often do you find yourself talking too much when you are in social situations?					
16. When you're in a conversation, how often do you find yourself finishing the sentences of the people you are talking to, before they can finish them themselves?					
17. How often do you have difficulty waiting your turn in situations when turn taking is required?					
18. How often do you interrupt others when they are busy?					
Part B					

Adult ADD/ADHD (ASRS) Scoring

- **Part A** is most predictive of ADD/ADHD
 - If 4 or more answers are positive (Questions 1-3: Sometimes-Very Often; Questions 4-6: Often or Very Often), the patient has symptoms highly consistent with ADD in adults
 - Further assessment is warranted
- **Part B** is not diagnostic. These questions probe further into the ADD subtype.
- The ASRS is a validated tool to help with the diagnosis of ADD/ADHD in adults.

Kessler RC, et al. Validity of the World Health Organization Adult ADHD Self-Report Scale (ASRS) Screener in a representative sample of health plan members. *International Journal of Methods in Psychiatric Research*. 2007,16(2): 52-65.

References

- NIH National Institute on Alcohol Abuse and Alcoholism: <http://www.niaaa.nih.gov/>
- National Institute of Mental Health: <http://www.nimh.nih.gov/>
- VA website for screening for PTSD in primary care: http://www.ncptsd.va.gov/ncmain/ncdocs/fact_shts/fs_screen_disaster.html
- National Comorbidity Study: <http://www.hcp.med.harvard.edu/ncs/index.php>
- Hirschfeld R, et al. Development and validation of a screening instrument for bipolar spectrum disorder: the Mood Disorder Questionnaire. *Am J Psychiatry*. 2000;157;1873-1875.
- Kessler RC, et al. Validity of the World Health Organization Adult ADHD Self-Report Scale (ASRS) Screener in a representative sample of health plan members. *International Journal of Methods in Psychiatric Research*. 2007,16(2): 52-65.
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