

Mind Matters ECHO

Module: Depression

Session 1: Barriers to Screening for
Depression: Effective Solutions for
Proactive Depression Care Management

May 11, 2022



**Mount
Sinai
Health
Partners**

Welcome!

- ▶ Pre-survey: bit.ly/depressionmeeting1
- ▶ Hub team introductions
- ▶ Disclosures
- ▶ Questions during presentations



Case Presentation



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Patient Information

Demographic Information	<ul style="list-style-type: none">• 70 year old cis-female• Medicare• Freelance writer (not presently employed)• Patient reports supplementing her income with ecommerce, and part time work at her friend's business• Lives alone
Medical History	<ul style="list-style-type: none">• Esophageal reflux• Increased weight
Current Medications	<ul style="list-style-type: none">• Fluoxetine (Prozac) 10 mg (on for 2 weeks, PCP considering increasing to 20mg)• Lorazepam (Ativan) 0.5 mg• Alprazolam (Xanax) 0.25 mg (takes as needed)
Past Psychiatric Medications	<ul style="list-style-type: none">• N/A



Patient Information

Psychiatric and Social History

- Undiagnosed post trauma due to sexual assault during early adulthood
- Former smoker (quit date 1/1/78)

Family Psychiatric and Social History

- Reports maternal grandmother possible depression, maternal uncle possible PTSD
- Patient is youngest of 3 daughters, met her husband in college. Was married for 27 years and was divorced in 1997. No children. Has been disconnected from siblings and extended family. Currently has no communication with any relatives.

History of Trauma

- Adult sexual

Current Psychiatric Diagnoses

- Anxiety
- Recurrent major depressive disorder, in partial remission



Patient Information

Symptoms of Depression

- Change in appetite
- Anhedonia
- Difficulty concentrating
- Lack of motivation
- Patient reports symptoms have increased the past 2 weeks, and frequency is daily, while the severity remains moderate

Symptoms of Anxiety/Panic

- Episodes of panic attacks and possible phobia
- Palpitations
- Sweating
- Chest pain
- Shortness of breath
- Fear of losing control
- Fear of dying
- GI symptoms
- Constant worry
- Intrusive worrisome thoughts
- Ruminative thought pattern
- Hypervigilance
- Patient reports symptoms have increased the past 2 weeks, and frequency is daily, while the severity fluctuates between moderate and severe

Patient & Case Information

Suicidality	<ul style="list-style-type: none">• Past history of suicide attempts• No suicidality
Areas of Support and Consultation Being Sought	<ul style="list-style-type: none">• Diagnostic clarification• Pharmacological consultation• Identify appropriate behavioral health referrals
Main Question	<ul style="list-style-type: none">• I'm interesting in knowing if the patient might also have PTSD based on the symptoms. I also would like clarity on whether the patient is having anxiety attacks or panic attacks.

Clinical Considerations in Depression Assessment

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Major Depression

- ▶ One of the most common mental disorders
- ▶ May result in severe impairments or interference with major life activities



Major Depression

▶ DSM-5 Definition:

▶ At least two weeks

▶ Five or more of:

- Depressed mood most day nearly every day
- Loss of interest or pleasure in almost all of daily activities
- Appetite changes and/or weight changes
- Sleep disturbance (insomnia or hypersomnia)
- Slowing down of thought and physical movement that's observable by others
- Fatigue or loss of energy nearly every day
- Feelings of worthlessness or excessive guilt nearly every day
- Diminished ability to concentrate/think nearly every day
- Recurrent thoughts of death, suicidal ideation without a plan. Or, a suicide attempt. Or, a specific plan.

▶ The symptoms cause clinically significant distress or impairment in social, occupational, or other important areas of functioning.

Common Assessment Instruments

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

Example: the BDI

- ▶ 21 questions about one's feelings in the last week
- ▶ Each question has four possible responses



Example: the BDI

▶ Item 1:

- (0) I do not feel sad.
- (1) I feel sad.
- (2) I am sad all the time and I can't snap out of it.
- (3) I am so sad or unhappy that I can't stand it.

Example: the BDI

► Item 15:

- (0) I can work about as well as before.
- (1) It takes an extra effort to get started at doing something.
- (2) I have to push myself very hard to do anything.
- (3) I can't do any work at all.

1-10	_____	These ups and downs are considered normal
11-16	_____	Mild mood disturbance
17-20	_____	Borderline clinical depression
21-30	_____	Moderate depression
31-40	_____	Severe depression
over 40	_____	Extreme depression

Questions to Ask

- ▶ Have you been feeling more depressed than not on most days on the last week/weeks?
- ▶ What does it look like for you when you're depressed?
- ▶ Have you found yourself having difficulty enjoying things that you used to enjoy? What things?
- ▶ What's your appetite like? Have you noticed any changes to your weight?
- ▶ What's your sleep like? How many hours of sleep are you getting? (if struggling). Is it difficult for you to fall asleep? Stay asleep? What wakes you up at night?
- ▶ Have you noticed yourself feeling more "slowed down" than usual or getting feedback from others about it?
- ▶ Are you feeling more tired or fatigued during the day? Is it more difficult to take care of obligations than before?
- ▶ Have you been struggling with your self-esteem or with regret?
- ▶ How's your focus?

Questions to Keep in Mind

► Recurrent vs. single episode

- Have you had periods similar to this one in the past where things felt so difficult?
- Tell me about them. How did each start?
- What did it look like for you when you were depressed?
- How long was it?
- What helped you get better?

Questions to Keep in Mind

- ▶ Active depression vs. in remission or in partial remission
 - How long have you been struggling/feeling low/having difficulty doing day-to-day things?
 - Have you noticed shifts over time, things getting better or worse?
 - (If yes) what has gotten better? What has gotten worse over the time?
 - Do you have a sense of what made things better? Or worse?

Questions to Keep in Mind

- ▶ Mild, moderate, and severe presentations
 - Number of DSM-5 Symptoms can give a sense
 - Severity of each symptom
 - Impact on functioning: work, school, family, socializing
 - Level of risky behavior: self-harm, substance use, aggressive behavior

Questions to Keep in Mind

► Ask about suicidal thoughts

- Ideation: do you find yourself wishing you were no longer alive, or going to bed wishing you wouldn't wake up the next day?
- Plan (if yes): do you ever find yourself thinking about a specific way you might kill yourself?
- Intent (if yes): have you ever found yourself planning on acting on this plan? What was the plan? Have you ever tried to kill yourself?
- Past suicide attempts (if yes): Were you hospitalized? Do you know what medical damage was caused? What was it like for you after the attempt? Have you had other attempts?

Questions to Keep in Mind

► Triggers

- Do you have a sense of what kind of things tend to bring you down?
- Were there any significant changes happening in your life around the time you started feeling low?
- (If patient does not know) Can you tell me a bit about the period around the time where you started feeling low?

Questions to Keep in Mind

▶ History of manic symptoms

- Have you ever found yourself experiencing natural euphoria for more than a few days?
- During that period, did you find yourself feeling especially confident, like you were at the top of the world?
- Do you or have you ever felt like you had “special powers?”
- Do you or have you ever consider yourself special in any way?

Common Comorbidities

- ▶ **Anxiety Disorders:** Do you ever find yourself getting stuck in cycles of worry? What kind of things do you worry about? (general vs. social)
- ▶ **Personality Disorders:** How are things for you when you are not depressed?
- ▶ **Substance Use:** Have alcohol or other drugs ever caused a negative consequence for you? Emotional, physical, or behavioral?
- ▶ **Anger Management Issues:** Do you get irritable? Do you do things out of anger that you later regret?

Therapy Conceptualizations

- ▶ **Cognitive Behavioral Therapy:** Automatic thoughts, core beliefs about self, others, the world, and the future
- ▶ **Psychodynamic Therapy:** Childhood experiences; Anaclitic vs. introjective depression



THANK YOU!

**ANY
QUESTIONS?**