Measurement-Based Care In Psychiatry
Objectives

• Define measurement-based care (MBC)

• Understand how measurement-based care may be used to improve quality in psychiatry

• Share a fictional case example of MBC in psychiatry and provide additional mental health screening resources
What Is Measurement-Based Care (MBC)?

The practice of basing clinical care on client data collected throughout treatment

- Considered a core component of numerous fact-based practices
- Emerging research supports MBC as a fact-based framework that can be added to any treatment

How Does MBC Work?

- Provides insight into treatment progress
- Highlights ongoing treatment goals
- Reducing the change of symptoms worsening
- Improves overall outcome

- Primarily focused on assessing symptoms (e.g., depression, anxiety)
- It can also be used to assess information about
  - Functioning and life satisfaction
  - Readiness to change
  - Treatment process (e.g., session feedback, working alliance)

MBC = Measurement-Based Care
How Is MBC Used In Psychiatry?

Measurement-based treat-to-goals is a principle of integrated care

For Individuals

Providers use behavioral health measurement tools (e.g., PHQ-9) to proactively adjust individual treatment until goals are achieved

• Often provided by an expert consultant to the primary care team

For Populations

MBC may be applied to an entire patient population in combination with other system-level approaches, like:

• Systematic screening of a target population may proactively identify patients in need of care
• Use of a registry to track a defined population of patients with identified behavioral health needs

MBC = Measurement-Based Care; PHQ = Patient Health Questionnaire

Fictional Case Example of MBC In Psychiatry

- Stephanie, 52-year-old married Caucasian mother of three who presented with complaints of depression

- Stephanie primarily wished to discuss
  - Worsening of her depressive symptoms
  - Mother’s recent cancer diagnosis
  - Financial and marital problem
  - Expressed feeling “worried”, “shy” but denied “atypical” fears of social situation, and “just needed help finding the energy to get chores done at home”

Screening Tools:
- Patient Health Questionaire-9 (PHQ-9)
- Generalized Anxiety Disorder-7 (GAD-7)
- Satisfaction with Life Scales

### PHQ-9, GAD-7 and Satisfaction with Life Scales Screening Tools

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

<table>
<thead>
<tr>
<th>Over the last 2 weeks, how often have you been bothered by the following problems?</th>
<th>Not at all</th>
<th>Several days</th>
<th>More than half the days</th>
<th>Nearly every day</th>
</tr>
</thead>
<tbody>
<tr>
<td>1. Feeling nervous, anxious, or on edge</td>
<td>0</td>
<td>1</td>
<td>2</td>
<td>3</td>
</tr>
<tr>
<td>2. Not being able to stop or control worrying</td>
<td>0</td>
<td>1</td>
<td>2</td>
<td>3</td>
</tr>
<tr>
<td>3. Worrying too much about different things</td>
<td>0</td>
<td>1</td>
<td>2</td>
<td>3</td>
</tr>
<tr>
<td>4. Trouble relaxing</td>
<td>0</td>
<td>1</td>
<td>2</td>
<td>3</td>
</tr>
<tr>
<td>5. Being so restless that it's hard to sit still</td>
<td>0</td>
<td>1</td>
<td>2</td>
<td>3</td>
</tr>
<tr>
<td>6. Becoming easily annoyed or irritable</td>
<td>0</td>
<td>1</td>
<td>2</td>
<td>3</td>
</tr>
<tr>
<td>7. Feeling afraid as if something awful might happen</td>
<td>0</td>
<td>1</td>
<td>2</td>
<td>3</td>
</tr>
</tbody>
</table>

Add the score for each column + + +

Total score (add your column scores) =

If you checked off any problems, how difficult have these 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


#### Satisfaction with Life Scales

Below are five statements that you may agree or disagree with. Using the 1 - 7 scale below, indicate your agreement with each item by placing the appropriate number on the line preceding that item. Please be open and honest in your responding.

1. 7 - Strongly agree
2. 6 - Agree
3. 5 - Slightly agree
4. 4 - Neither agree nor disagree
5. 3 - Slightly disagree
6. 2 - Disagree
7. 1 - Strongly disagree

__In most ways my life is close to my ideal. __

__The conditions of my life are excellent.__

__I am satisfied with my life.__

__So far I have gotten the important things I want in life. __

__If I could live my life over, I would change almost nothing. __

- 31 - 35 Extremely satisfied
- 26 - 30 Satisfied
- 21 - 25 Slightly satisfied
- 20 Neutral
- 15 - 19 Slightly dissatisfied
- 10 - 14 Dissatisfied
- 5 - 9 Extremely dissatisfied

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The information provided by PsychU is intended for your educational benefit only. It is not intended as, nor is it a substitute for medical care or advice or professional diagnosis. Users seeking medical advice should consult with their physician or other health care professional.
Fictional Case Example of MBC In Psychiatry (cont)

Stephanie’s Results from the Screening Tools:

1. Patient Health Questionaire-9 (PHQ-9) score confirmed moderately severe depression (total score=19)
2. Generalized Anxiety Disorder-7 (GAD-7) score suggested severe worry (total score=20)
3. Satisfaction with Life Scales fell well below national averages (total score=9)

Mental Health Screening Tools Resources

- Mental Health America (MHA), Mental Health Test (https://screening.mhanational.org/screening-tools)
- Substance abuse and Mental Health Services Administration (SAMHSA) and US department of Health and Human Services Health Resources and Services Administration (HRSA), Screening Tools (https://www.integration.samhsa.gov/clinical-practice/screening-tools)
- American Mental Wellness Association (AMWA), Screening Tools (https://www.americanmentalwellness.org/intervention/screening-tools/)
- Depression and Bipolar Support Alliance (DBSA), Mental Health Screening Center (https://www.dbsalliance.org/education/mental-health-screening-center/)
PsychU Resources

- Types of Mental Health Providers Fact Sheet (https://www.psychu.org/patient-caregiver/types-of-mental-health-professionals-fact-sheet/)
  - Meet The Treatment Team Podcast Series
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