

## Assessing for Depression and Anxiety in HIV

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## Mental Health and HIV

- Higher rates of mental illness in PLHIV <sup>1,2,3,4</sup>
- Mental Health critical to care
- ↑ psychosocial difficulties<sup>5, 6, 7</sup>
  - impacts on the HIV treatment cascade
  - mortality and morbidity
- Treatment of psychosocial difficulties leads to better treatment & health outcomes



<sup>1</sup>HIV Futures 8, <sup>2</sup>HIV Australia, <sup>3</sup>NCHSR, <sup>4</sup>WHO, <sup>5</sup>Brener et al (2013), <sup>6</sup>Bravo et al (2010)

## Mental Health Screening

- Set of structured questions
- Assists with:
  - early detection and treatment of psychological difficulties
  - determining need for referral for diagnosis or identifying psychological problems
  - targeting resources cost effectively
- Part of holistic care, referral pathways
- Different to psychological assessment

## National Standards

- Based upon UK version published 2011
- Best practice
- Stepped-care approach
- Psychological support provided for different levels of complexity e.g.
  - Emotional support
  - Talking therapies
  - Cognitive assessment and interventions
  - Medication



## Screening Standards

- Milestones - first 3 months of diagnosis, annually or as indicated by trigger points
  - changes in physical health status, initiation or change of medication, non-attendance, changes in psychosocial status
- Indicate crisis or emergency
- Pathways for further assessment and referral
- Identify trends and epidemiological information
- Individualised screening considerations

## Screening Tools

Assessment tool	Depression	Anxiety	Validity – general population	Reliability – general population	DSM (diagnostic) criteria applicability	Sensitive and Specificity (diagnosis)	Brief version available	No cost	HIV population validation
PHQ-9	✓		✓	✓	✓	✓	✓	✓	✓
GAD-7		✓	✓	✓	✓	✓	✓	✓	✓
PHQ-4	✓	✓	✓	✓	✓	✓	✓	✓	
CESD-R	✓		✓	✓	✓	✓	✓	✓	✓
K10	✓	✓	✓	✓		✓	✓	✓	✓
SAMISS	✓	✓				✓		✓	✓
BDI-II	✓		✓	✓	✓	✓			
DASS	✓	✓	✓	✓		?		✓	

# PHQ-9 and GAD-7

PATIENT HEALTH QUESTIONNAIRE-9 (PHQ-9)				
Over the <u>last 2 weeks</u> , how often have you been bothered by any of the following problems? <i>(Use "✓" to indicate your answer)</i>	Not at all	Several days	More than half the days	Nearly every day
	1. Little interest or pleasure in doing things	0	1	2
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

For office coding: 0 + \_\_\_\_\_ + \_\_\_\_\_ + \_\_\_\_\_ = **Total Score:** \_\_\_\_\_

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
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

GAD-7				
Over the <u>last 2 weeks</u> , how often have you been bothered by the following problems? <i>(Use "✓" to indicate your answer)</i>	Not at all	Several days	More than half the days	Nearly every day
	1. Feeling nervous, anxious or on edge	0	1	2
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 is 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

# PHQ-4

PHQ-4				
Over the <u>last 2 weeks</u> , how often have you been bothered by the following problems? <i>(Use "✓" to indicate your answer)</i>	Not at all	Several days	More than half the days	Nearly every day
	1. Feeling nervous, anxious or on edge	0	1	2
2. Not being able to stop or control worrying	0	1	2	3
3. Little interest or pleasure in doing things	0	1	2	3
4. Feeling down, depressed, or hopeless	0	1	2	3

**(For office coding: Total Score T\_\_\_\_\_ = \_\_\_\_\_ + \_\_\_\_\_ + \_\_\_\_\_)**

## Stepped screening

Options (*example*):

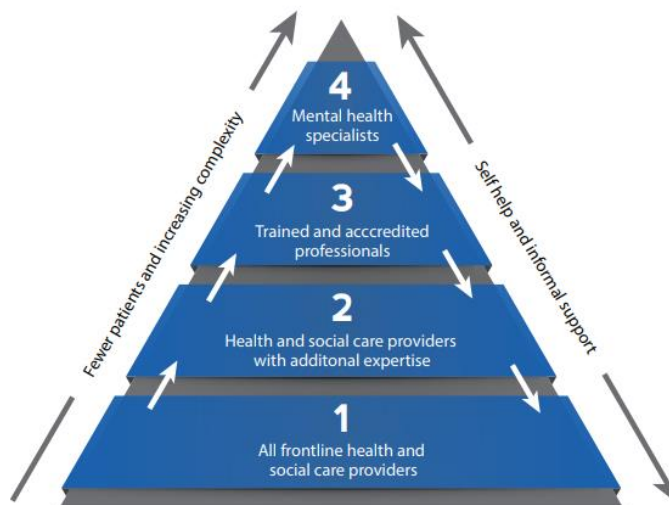
1. PHQ-4 → positive screen
2. PHQ-9 or GAD-7 → positive screen
3. GP confirms dx and/or refers to mental health clinician for dx confirmation and treatment

OR

1. PHQ-9 or GAD-7 → positive screen
2. GP confirms dx and/or refers to mental health clinician for dx confirmation and treatment

## Stepped-care Interventions

Figure 1: Filter model of provision of psychological support for people with HIV



**Table 1: Recommended model of stepped care provision of psychological support**

LEVEL	ASSESSMENT	INTERVENTIONS
<b>1</b> <b>Information and support</b>	<p>Recognising the psychological needs of people with HIV</p> <p>Initial screening of risk of harm to self and others</p> <p>Recognising and responding to overt psychological distress</p>	<p>Effective provision of relevant information in accessible formats</p> <p>Supported self-help</p> <p>Referral to appropriate providers</p> <p>Response to overt distress</p> <p>Supportive communication and general psychological support</p> <p>Referral to self-management strategies (e.g. books and computerised resources, and courses for the newly diagnosed)</p> <p>Referral to peer support and peer support organisations</p>
<b>2</b> <b>Enhanced support</b>	<p>Screening for psychological distress</p> <p>Screening for cognitive difficulties</p> <p>Assessment of risk of harm to self and others</p>	<p>Discussions aimed at acceptance and adaptation to living with HIV</p> <p>Referral to more appropriate services and peer support</p> <p>Education around the nature of psychological and psychiatric problems and how to cope with them</p> <p>Brief interventions aimed at behavioural change (e.g. sexual risk behaviour and substance use concerns)</p>

<b>3</b> <b>Counselling and psychological therapies (including HIV-specialist services)</b>	<p>Assessment and formulation of psychological problems</p> <p>Identification of psychiatric problems</p> <p>Screening for cognitive impairment</p> <p>Assessment of risk of harm to self and others</p>	<p>Counselling and psychological interventions based on explicit theoretical frameworks for specific psychological difficulties such as:</p> <ul style="list-style-type: none"> <li>• adjustment issues</li> <li>• moderate or severe anxiety</li> <li>• substance use concerns</li> <li>• moderate or severe depression</li> <li>• psychosexual or relationship problems</li> <li>• trauma</li> </ul> <p>Interventions for cognitive impairment</p> <p>Psychological interventions based on explicit theoretical frameworks to develop and enhance positive psychological processes such as adaptive coping strategies that increase resilience</p>
<b>4</b> <b>Specialist psychological and mental health intervention (HIV or other specialist)</b>	<p>Psychiatric diagnosis</p> <p>Assessment and formulation of complex psychological problems</p> <p>Assessment for cognitive impairment</p> <p>Assessment of risk of harm to self and others</p> <p>Neuropsychological assessment</p>	<p>Specialist psychological and psychiatric interventions for severe and complex psychological problems, and comorbidities such as:</p> <ul style="list-style-type: none"> <li>• trauma</li> <li>• psychosis</li> <li>• severe anxiety and depression</li> <li>• mania</li> <li>• personality disorder</li> <li>• cognitive impairment</li> <li>• complex childhood and family issues</li> </ul> <p>Cognitive supports and interventions</p>

## References

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## References

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