



HOT TOPIC

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MENTAL HEALTH AWARENESS MONTH

Patients with depression are three times more likely to be non-compliant to treatment recommendations compared to their non-depressed counterparts¹. Doing periodic depression screenings of your patients can save their lives. COVID-19 has dramatically affected mental health and has increased feelings of depression and isolation (due to quarantine). Quarantine has been difficult for those already diagnosed with depression and increased the amount of people suffering from depression, even if they had never experienced it prior to the pandemic.

A study completed by the Centers for Disease Control and Prevention (CDC) in June of 2020 found that of 5,412 people surveyed, 24.3% reported symptoms of depressive disorder (including hopelessness, lack energy or motivation, loss of interest in what they used to enjoy, changes in sleep pattern, and physical pains), which is four times higher than reported in the second quarter of 2019 (6.5%). Suicidal ideation is also on the rise with 10.7% of those surveyed expressing thoughts of suicide, an increase of over 4.3% from what was reported in 2018².

To help start a discussion with your patients and/or to educate your patients on depression, the following resources are available on the Provider Research Center in the Behavioral Health Toolkit:

- Information sheets:
 - Antidepressant Medication Management
 - Follow-up After Emergency Department Visit for Mental Illness
 - Follow-up After Hospitalization for Mental Illness
- Screening Tools:
 - Patient Health Questionnaire (PHQ-2 & PHQ-9)
 - Geriatric Depression Scale
 - SAFE-T: Suicide Assessment Five-step Evaluation and Triage
 - Columbia Suicide Severity Rating Scale
- Clinical Practice Guideline: APA Clinical Practice Guideline for the Treatment of Depression Across Three Age Cohorts: Guideline Development Panel for the Treatment of Depressive Disorders

¹ DiMatteo, M.R., Lepper, H.S., Croghan, T.W. (2000). Depression is a risk factor for noncompliance with medical treatment: meta-analysis of the effects of anxiety and depression on patient adherence. *Archives of Internal Medicine*, 160(14), 2101-2107. <http://doi:10.1001/archinte.160.14.2101>

² Czeisler, M.E., Lane, R.I., Petrosky, E., Wiley, J.F., Christensen, A., Njai, R., Weaver, M.D., Robbins, R., Facer-Childs, E. R., Barger, L.K., Czeisler, C.A., Howard, M.E., & Rajaratnam, S.M. (2020). Mental health, substance use, and suicidal ideation during the COVID-10 Pandemic – United States, June 24-30, 2020. *Morbidity and Mortality Weekly Report*, 69(32), 1049-1057. <http://dx.doi.org/10.15585/mmwr.mm6932a1external> icon

