

More Information on the Laboratory and Rating Scales

PHQ-9: The Patient Health Questionnaire (PHQ) is a diagnostic tool for mental health disorders used by health care professionals that is quick and easy for patients to complete. Patients may complete questionnaires at baseline and at regular intervals (eg, every 2 weeks) at home and bring them in at their next appointment for scoring or they may complete the questionnaire during each scheduled appointment. The screening tool can be found here: http://www.phqscreeners.com/sites/g/files/g10016261/f/201412/PHQ-9_English.pdf. You can print the scale out in other languages as well: <http://www.phqscreeners.com/select-screener/36>.

To interpret the score, use the table below:

Total Score	Depression Severity
1-4	Minimal depression
5-9	Mild depression
10-14	Moderate depression
15-19	Moderately severe depression
20-27	Severe depression

GAD-7: The GAD-7 was developed as a brief scale for anxiety. It can be used in a similar fashion for monitoring as the PHQ-9. The screening tool can be found here: http://www.phqscreeners.com/sites/g/files/g10016261/f/201412/GAD-7_English.pdf.

To interpret the score, use the table below:

Total Score	Depression Severity
5	Mild anxiety
10	Moderate anxiety
15	Severe anxiety

Audit-C: The Alcohol Use Disorders Identification Test (**AUDIT-C**) is an alcohol screen that can help identify patients who are hazardous drinkers or have active alcohol use disorders (including alcohol abuse or dependence). In men, a score of 4 or more, and in women a score of 3 or more, is positive for hazardous drinking or active alcohol use disorder. Scores over 7 suggest dependence. More information can be found here: http://www.integration.samhsa.gov/images/res/tool_auditc.pdf.

ASRS: The screening version of the Adult ADHD Self-Report Scale (ASRS) Version 1.1 is a 6-question scale designed to screen for adult ADHD. More information can be found here: <http://www.ncbi.nlm.nih.gov/pubmed/15841682>. The screening tool can be found here: https://www.uvm.edu/medicine/ahec/documents/Adult_ADHD_Self_Report_Scale.pdf.

SDS: The Sheehan Disability Scale (Sheehan 1983) is a composite of three self-rated items designed to measure the extent to which three major sectors in the patient's life are impaired by panic, anxiety, phobic, or depressive symptoms. This scale has been used widely in psychopharmacology randomized controlled trials. It can be administered periodically to monitor the response to treatment over time.

The scale ranges from 0 to 30, where 0 is unimpaired and 30 is highly impaired. More information, including the scale, can be found here: http://www.cqaimh.org/pdf/tool_lof_sds.pdf.

TSH: More information on the Thyroid-Stimulating Hormone blood test can be found here: <https://www.nlm.nih.gov/medlineplus/ency/article/003684.htm>

CBC: More information on the Complete Blood Count test can be found here: <https://labtestsonline.org/understanding/analytes/cbc/tab/test/>.

UTox: Toxicology screening can be done via blood draw or urine sample. More information can be found here: <https://www.nlm.nih.gov/medlineplus/ency/article/003578.htm>.

LFT: More information on the Liver Function Test can be found here: <https://www.nlm.nih.gov/medlineplus/ency/article/003436.htm>.

HCV: More information on Hepatitis C testing can be found here: <https://labtestsonline.org/understanding/analytes/hepatitis-c/tab/test/>.

A1c: This lab test is used to determine blood glucose (or blood sugar) levels. More information can be found here: <http://www.niddk.nih.gov/health-information/health-topics/diagnostic-tests/a1c-test-diabetes/Pages/index.aspx>.

Lipid: More information on Lipid Profiles can be found here: <https://labtestsonline.org/understanding/analytes/lipid/tab/test/>.

ECG/QTc: Normal ranges can be found here: http://www.fda.gov/ohrms/dockets/ac/01/slides/3746s_01_Ruskin/sld023.htm.

Other: Other possible data/screens/labs you may want to include here include:

- BMP (<https://www.nlm.nih.gov/medlineplus/ency/article/003462.htm>)
- HIV