Feasibility of Screening for Mental Health in Young Adults with Childhood Onset Disabilities

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Introduction/Objectives

Introduction

- LIFEspan (Living Independently Fully Engaged) is a Nurse Practitioner led clinic that transitions youth from paediatric (Holland Bloorview) to adult rehabilitation (Toronto Rehab) with Cerebral Palsy (CP) or Brain Injury (BI).

- Clinicians reported a trend with youth presenting with mental health concerns impacting on daily activities.

- The current 2 year study uses Patient Health Questionnaire-4 (PHQ-4) to screen for depression/anxiety and Community Integration Questionnaire (CIQ) during clinic appointments.

Objectives

- Describe levels of Depression/Anxiety symptomatology and Community Integration among a sample of LIFEspan patients.

- Provide an overview of the feasibility for administering the PHQ-4 and CIQ in young adults with CP and BI.

Methods

- Participants recruited from 472 LIFEspan patients (18-55 years old).
- Data collection started September 2017: chart review; self-assessments with PHQ-4 and CIQ; and clinic assessments.
- Cross sectional quantitative study.
- Ineligible criteria is having a moderate to severe intellectual disability.
- Comments for feasibility received from patients verbally.
- Analysis: group means, t-tests and frequency counts were used to describe the sample.

Feasibility

Facilitators

- Completion time for screen was 2-4 minutes.

Barriers

- PHQ-4-patients used a score of 0.5 and some clarification was required.
- Physical assistance required by 65 patients.
- Patients felt study was not anonymous.
- Not all CIQ items relevant to patients due to age.
- Patients were uncomfortable with mental health questions.
- Tools not validated for youth with moderate-severe intellectual disabilities.
- Forms not completed or consent obtained when not completed in clinic.

PHQ-4 and CIQ Results

<table>
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<tr>
<th></th>
<th>CP</th>
<th>BI</th>
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<tbody>
<tr>
<td>Diagnosis</td>
<td>154 (59%)</td>
<td>107 (41%)</td>
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<tr>
<td>Mean age (years)</td>
<td>24.10(4.65 SD)</td>
<td>22.61(3.39 SD)</td>
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<tr>
<td>Female</td>
<td>71 (46%)</td>
<td>42 (39%)</td>
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<tr>
<td>Male</td>
<td>83 (54%)</td>
<td>65 (61%)</td>
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<tr>
<td>Mean PHQ-4</td>
<td>3.01(3.19 SD)</td>
<td>2.95 (2.74 SD)</td>
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<tr>
<td>Mean CIQ Score</td>
<td>15.05(5.28 SD)</td>
<td>16.89 (5.01SD)</td>
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Conclusions/Practice Tips

- Mental health is a global concern.
- Feasibility of using CIQ and PHQ-4 was supported for completion time during 30 minute clinic appointments.
- Screening may lead to early detection and treatment options.
- Routine mental health assessment/conversations may lead to a decrease in mental health stigma.

Practice Tips

- PHQ-4 is a validated and easy to use screening tool.
- CIQ, although validated for adults after Traumatic BI, was found to be an excellent tool to identify and discuss independent skill building opportunities with the LIFEspan patients.

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