



# E-Vitals

Emotional Vital Signs

TeleMental Health Development

# Emotional Vital Signs

- Just as medical science has devices to assess the vital functions of their patients
  - Behavioral science must develop practical and effective instruments to measure psychological vital signs.
  - The routine use of such instruments will help to:
    - systematize psychiatric science,
    - provide a codified standard of care, and
    - make the process of behavioral health care more quantifiable and accountable
- Copyright 2003, Ryan Russon – “COMPUTERIZED MEASUREMENT OF PSYCHOLOGICAL VITAL SIGNS IN A CLINICAL SETTING”

# Emotional Vital Signs

- The emotional vital signs that may be critical to an individual's emotional health are:
  - Anxiety and
  - Depression
    - By the year 2020, depression is projected to reach 2nd place of the ranking of DALYs calculated for all ages, both sexes. Today, depression is already the 2nd cause of DALYs in the age category 15-44 years for both sexes combined.
      - World Health Organization - [http://www.who.int/mental\\_health/management/depression/definition/en/index.html](http://www.who.int/mental_health/management/depression/definition/en/index.html) retrieved 4/7/2011
        - (DALYs = Disability Adjusted Life Years  
The sum of years of potential life lost due to premature mortality and the years of productive life lost due to disability.)

# Valid tools to measure E-vitals

- “If the optimal delivery of mental health treatment ultimately depends on examining outcome, then precise, reliable, valid, informative, and user-friendly measurement is critical to evaluating the quality and efficiency of care in clinical practice.” (Zimmerman)
- Researchers note that only 11 percent of the psychiatrists are routinely using standardized measures to assess outcomes when treating depression or anxiety disorders.
  - <http://www.elementsbehavioralhealth.com/behavioral-health-news/new-scale-measuring-anxiety-outcomes-developed/>  
retrieved 4/7/2011



# E-vitals

For individuals who have difficulty making frequent visits to the clinic office, remote administration of assessment devices will provide improved coverage and monitoring between sessions



# The Age of Tele-mental Health

## Evidence Based Research

- **Routine, Self-Administered, Touch-Screen, Computer- Based Suicidal Ideation Assessment Linked to Automated Response Team Notification in an HIV Primary Care Setting**
- **<http://cid.oxfordjournals.org/content/50/8/1165.long>**

# Evidence-Based Research

## Research

- **Computer-assisted assessment of depression and function in older primary care patients -**  
<http://www.ncbi.nlm.nih.gov/pmc/articles/PMC2812865/>
- **Computer-assisted self assessment in persons with severe mental illness – article attached**
- **Bilingual Computer-Assisted Psychological Assessment: An Innovative Approach for Screening Depression in Chicanos/Latinos – article attached**
- <http://www.mhealthjournal.com/196874/mhealth-summit-2010-video-recap-2/>



# Implications for AHCPOFVA

- Prevention and Wellness
- Focus on Preventing Mental Health Emergencies
- Serving an underserved and under diagnosed population internationally
- Focuses on the whole person
- No one else is doing this well





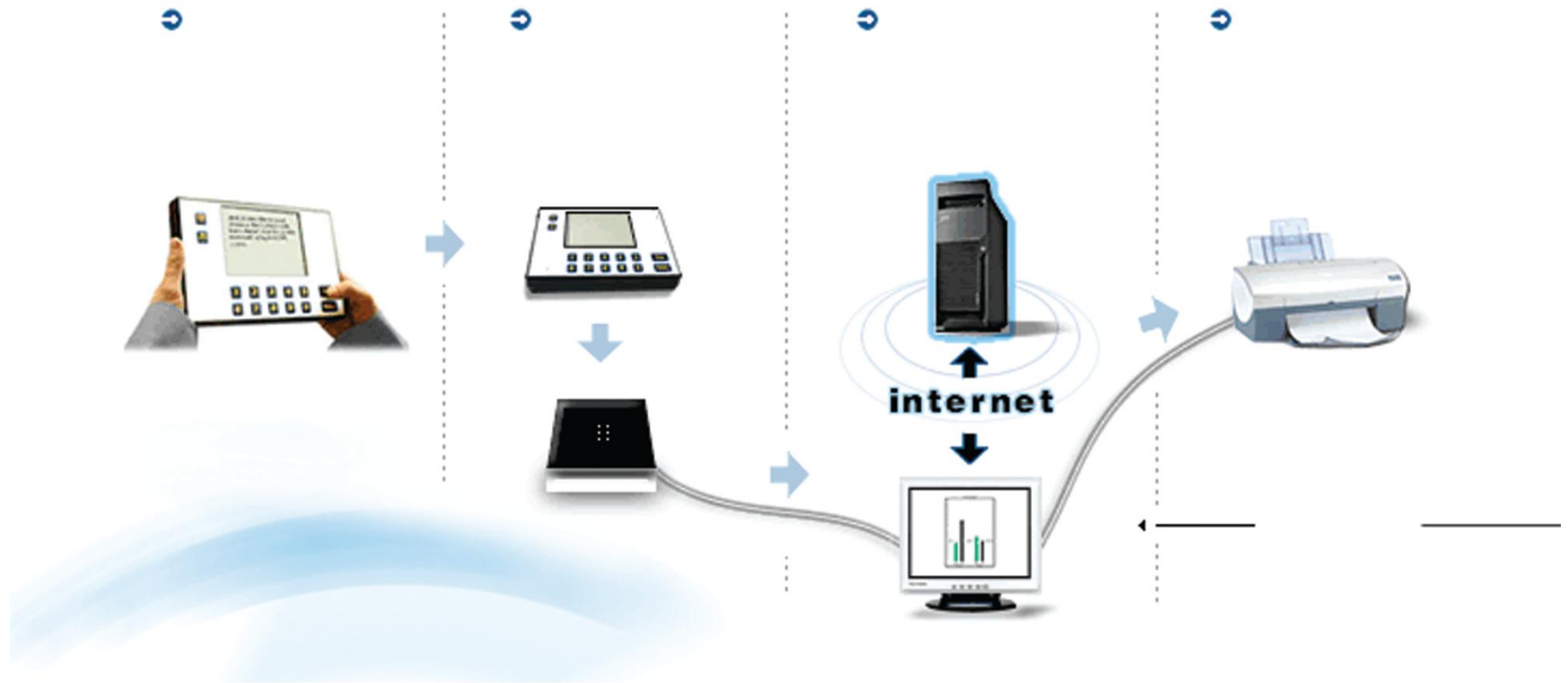
# Our Product E-Vitals

- What is our product?
  - Computer assisted monitoring device used by a targeted group of outpatients that administers an evidenced based measure of emotional vital signs,
  - the results of these measures are monitored by clinical staff of AHCPOFVA and dispersed to medical providers
- Ideas for dissemination of our product
  - Application for mobile phone
  - Web based software for use on computers (home-based or agency based)
  - E-device much like the tele-health devices we currently use

# Example of E-device products

- Use the Pearson Assessments **Patient Assessment Device (PAD)** to integrate psychological testing into your practice—quickly and effectively!
- **What tests may be administered using the PAD?**
  - **BBHI™ 2 (Brief Battery for Health Improvement 2)**
    - Helps assess for important psychomedical factors such as pain, somatic, and functional complaints as well as depression, anxiety, and patient defensiveness. Normed on physical rehabilitation patients, chronic pain patients, and a community sample.
  - **BSI® 18 (Brief Symptom Inventory 18)**
    - Helps measure psychological distress factors such as depression, anxiety, and somatization in oncology, primary care, and other medical settings.
  - **P-3® (Pain Patient Profile)**
    - Helps identify depression, anxiety, and somatization; includes a validity index. Normed on pain patients and a community sample.

# Example of an E-device



# Android Market

- GDS Geriatric Depression Scale
  - [https://market.android.com/details?id=appinventor.ai\\_yesavage.GeriaticDepressionScale](https://market.android.com/details?id=appinventor.ai_yesavage.GeriaticDepressionScale)
- CES Depression Scale
  - <http://www.appbrain.com/app/ces-depression-scale/org.radiantmonkeysoftware.cesdepressionscale>
- I-Thought Journal
  - <http://www.appbrain.com/app/ithought-journal/com.seebooktech.ithoughtjournal>
- The Defense Department has developed a smartphone application for the military, called T2 Mood Tracker, that enables veterans and current members of the service to keep track of their emotions and behaviors following deployment.
  - <http://t2health.org/apps/t2-mood-tracker>



# Iphone Market

- Depression Journal by iHealth Ventures LLC
  - <http://itunes.apple.com/ca/app/depression-journal/id320585382>
- Panic Attack Aid by Panic Attack Aid
  - <http://www.panic-attack-aid.com/>



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