SCREENING AND ASSESSING MOOD DISORDERS

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Objectives

- Definition of mood disorders and prevalence in pediatric primary care
- Discuss differential for youth mood disorders
- Barriers to implementing effective screening in youth mood disorders
- Best practice guidelines for screening and assessing mood disorders in youth
What is a mood disorder?

- Major Depressive Disorder
- Disruptive Mood Dysregulation Disorder (considered a depressive disorder)
- Adjustment Disorder with depressed mood
- Persistent Depressive Disorder (Dysthymia)
- Bipolar I/II Disorder
Youth mood disorders

- Roughly 7% of School-age Children (9-17 years) has a mood disorder

- In a 3-year span (2012 – 2015), rates of severe youth depression increased from 5.9% to 8.2%

- 76% of youth have no or insufficient treatment

- Low rates of referral completion to specialty mental health

Assessing mood disorders

- Gender differences
- Cultural/Ethnic Differences
- Socioeconomic variables
- Family dynamics

Assessing mood disorders

- Interview Parent AND Child
- Discuss confidentiality!
- One to one discussion
- Functionality and SAFETY
- Include specific screening tools
Behavioral symptoms of depression unique to youth

- Irritability/anger/hostility
- Increased interpersonal conflict
- Running away (A cry for help!)
- Extreme sensitivity to rejection/failure
Behavioral symptoms of depression

- Frequent sadness, tearfulness, crying
- Psychomotor agitation/retardation
- Decreased interest/enjoyment
- Low energy
- Low self esteem and guilt, hopelessness, persistent boredom
- Relationship difficulty/social isolation
- School changes, academic difficulties, diminished concentration
- Self-Injury/Suicidality
- Physical/Somatic Symptoms/Appetite or weight changes
Always Assess for Safety

- Suicide is the second leading cause of death in youth ages 10-24.
- 1 in 8 children ages 6-12 have suicidal thoughts
- Suicidal methods can differ in youth vs. adults
- Be familiar with risk factors
- Know warning signs

CDC WISQARS, 2015 CDC Data and Statistics Fatal Injury Report. Suicide in Elementary School-Aged Children and Early Adolescents. Suicide and Suicide Attempts in Adolescents.
Risk factors and Warning signs for suicide

- Previous attempts!!!
- Preoccupation/Obsession with death/suicide
- Direct or Indirect suicide statements/threats
- “Final arrangements”
- Comorbid mental health disorders (e.g. depression, anxiety, substance use disorders)
- Family dysfunction
- Involvement in bullying, h/o interpersonal violence/fighting, exposure to violence, previous self-harm, abuse
- LGBTQ/racial/ethnic minority status
Differential for depression

- Normal moodiness of teens
- Major depressive disorder
- Persistent depressive disorder (dysthymia)
- Premenstrual dysphoric disorder
- Substance/medication-induced depressive disorder
- Adjustment disorder
- Anxiety disorders
- PTSD or other trauma-related disorder
- Depressive episode of bipolar disorder
- Eating disorders
- ADHD
- Conduct disorder
- Depressive disorder due to another medical condition: Anemia, Mononucleosis, Thyroid disorders, Other medical disorders
- Medication adverse effects
Disruptive Mood Dysregulation Disorder

- SEVERE temper outbursts (verbal and/or physical aggression) out of proportion to situation
- Temper outbursts are inconsistent with developmental level
- Occur on average 3 or more times/week
- Interepisode mood is typically irritable/angry most of the day, nearly every day (observed by parents, teachers, peers)
- Present in at least 2 settings, severe in at least one
- Diagnosis should not be made before age 6 or after age 18
Bipolar Disorder

- extended period of elevated mood (either happy or irritable or both) lasting at least 1 week and present most of the day, nearly every day (or any duration if hospitalization is necessary)
- decreased need for sleep
- an increase in goal-directed activity
- increased or pressured speech
- racing thoughts or flight of ideas
- acting silly or inappropriate with poor judgment that can lead to painful consequences
- distractibility
- grandiosity
Screening tools

- PHQ-9 Modified for teens
- Beck Depression Inventory (BDI)
- CES-DC/Center for Epidemiological Studies Depression Scale for Children, parent & child report versions (6-17 years)
- Mood and Feelings Questionnaire (MFQ)
- Columbia Depression Scale (Parent and teen)
Resources

- http://pedicases.org/interviewing/intro.html