HealthMeasures
TRANSFORMING HOW HEALTH IS MEASURED

Assessing Person-Centered Health Outcomes in Adults with Depression

These recommendations are offered as a starting point for consideration. They are not necessarily the best choices for every application and do not substitute for a comprehensive literature review.

Key Domains to Consider in Depression

Depression and its treatments can have a significant impact on an individual's symptoms of **mood, fatigue, cognition, social function, and global health.** Additionally, people who experience depression, often experience **anxiety**. Patient-reported assessments can be used in both clinical care and clinical research for diagnosing, monitoring, and characterizing symptom burden and functional impact from Depression.

Suggested HealthMeasures for Primary Domains in Depression

Depression
The PROMIS Depression questionnaire assesses negative mood (sadness, guilt), views of self (self- criticism, worthlessness), and social cognition (loneliness, interpersonal alienation), as well as decreased positive affect and engagement (loss of interest, meaning, and purpose). It is available as an 8-item short form or via computerized-adaptive testing (CAT).

Fatigue
Persistent and chronic fatigue is also common in Depression patients. The PROMIS Fatigue measure assesses subjective feelings of tiredness and the effects of that tiredness on one's ability to execute daily activities and function normally in family or social roles. It is available as an 8-item short form or via CAT.

Global Health Scale
Due to the ways in which depressed mood and lack of motivation associated with Depression can affect a person's health related behaviors, the health of people experiencing depression may be impacted in many ways. The PROMIS Global Health measure is a general health assessment that includes ratings of general physical and mental health as well as ability to participate in social roles and daily tasks. It is available via a 10-item short form.

Summary

- Recommended primary domains for Depression research or care include depression, fatigue, and global health.

- Recommended secondary domains for Depression research or care include sleep disturbance, anxiety, and ability to participate in social roles and activities.

- HealthMeasures offers brief, psychometrically sound measures for these domains.

- Recommended assessment times include pre-treatment (baseline) and post-treatment.

Suggested Health Measures for Secondary Domains in Depression

Depression may impact many aspects of a person's physical, emotional and social functioning, which means that other health status and quality of life domains can also be significantly impacted and represent secondary domains worth assessing:

Secondary HealthMeasures	Description
PROMIS Sleep Disturbance 8-item short form or CAT	Assesses perceptions of alertness, sleepiness, and tiredness during usual waking hours, and the perceived functional impairments during wakefulness associated with sleep problems or impaired alertness.
PROMIS Ability to Participate in Social Roles and Activities 6-item short form or CAT	Assesses the perceived ability to perform one's usual social roles and activities.
PROMIS Anxiety 6-item short form or CAT	Assesses fear (fearfulness, panic), anxious misery (worry, dread), hyperarousal (tension, nervousness, restlessness), and somatic symptoms associated with arousal (racing heart, dizziness).

Assessment Times

Ideally, patient-report measures included in the set of primary domains (and secondary domains if patient burden is not too great) would be used at a variety of assessment time points including pre- and post- treatment / intervention both in clinical care and clinical trials.

Additional Information

The www.HealthMeasures.net website includes more information about measurement selection, data collection tools, scoring, and interpretation. Its *Search for Measures* tool includes access to all HealthMeasures described here. A Forum allows for questions and responses from the HealthMeasures community. The HealthMeasures team is also available for collaboration or consultation via help@healthmeasures.net.

Primary HealthMeasures for Depression Patients

- PROMIS Depression 8-item short form or CAT

- PROMIS Fatigue 8-item short form or CAT

- PROMIS Global Health Scale 10-item short form

Learn More!

You can read about CATs and watch a video tutorial at the HealthMeasures.net website here!