



MOODFX, A TOOL TO SUPPORT MEASUREMENT-BASED CARE IN DEPRESSION

Dear healthcare provider,

Your patient/client has recently completed an assessment with **MoodFx**, a free online tool that allows users to easily screen for and monitor symptoms of depression and related difficulties with anxiety, cognition, and work performance. This letter provides a brief introduction to MoodFx and its potential for use in clinical practice.

What is MoodFx?

MoodFx is a free web app (www.MoodFx.ca) designed to help people with mood problems by screening for clinical depression and anxiety and supporting their measurement-based care. Developed by the Mood Disorders Centre (www.ubcmood.ca) and eHealth Strategy Office (www.ehealth.med.ubc.ca) at the University of British Columbia, MoodFx uses validated, clinically useful self-report questionnaires for monitoring depression outcomes. These questionnaires include:

- **Patient Health Questionnaire (PHQ-9)** to assess symptoms of depression (9 questions)
- **Generalized Anxiety Disorder Questionnaire (GAD-7)** to assess symptoms of general anxiety (7 questions)
- **Perceived Deficits Questionnaire (PDQ-5)** to assess cognitive difficulties (5 questions)
- **Lam Employment Absence and Productivity Scale (LEAPS)** to assess work performance (9 questions)
- **Clinically Useful Depression Outcome Scale (CUDOS)** items on quality of life and general functioning (2 questions)
- **Frequency, Intensity, and Burden of Side-Effects Scale (FIBSER)** (3 questions)

MoodFx and Measurement-Based Care

Users respond to these brief questionnaires and receive comprehensive, easy-to-understand reports of their results that they can then share with their healthcare provider(s). For example, a score of 10 or higher on the PHQ-9 or GAD-7 indicates clinically significant depression and anxiety. Users can also view and print a personal History chart showing how their symptoms have changed over time, e.g., to monitor improvement with treatment. MoodFx can also help patients self-manage their depression by providing weekly self-care tips and an up-to-date list of trusted online resources.

For more information about MoodFx for clinicians, including more information and training on MoodFx questionnaires, please visit tinyurl.com/moodfxclinicians. For information on our workplace depression research program, including clinician resources, please visit www.WorkingWithDepression.ca.

Please feel free to contact us with any questions or feedback about MoodFx—we'd love to hear from you.

Sincerely,

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a place of mind
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MoodFx is a free interactive web app designed to help people with depression and low mood feel better by supporting their **measurement-based care**.



As a health care provider, you can use MoodFx with your patients and clients to:

- inform your diagnosis and treatment recommendations, including whether a treatment is working
- easily and reliably monitor symptoms and work functioning
- support patients' self-management



UBC Mood Disorders Centre
ubcmood.ca

Looking for an easier way to monitor symptoms of depression & anxiety in your patients?



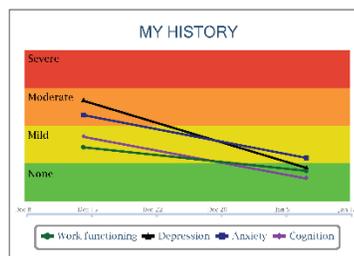
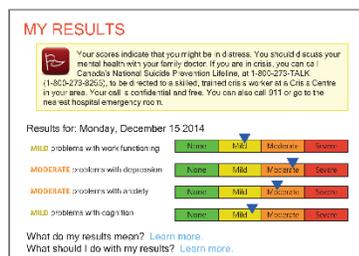
www.MoodFx.ca

MoodFx Questionnaires:

Patient Health Questionnaire-9 for depression
Generalized Anxiety Disorder-7 for anxiety
Lam Employment Absence & Productivity Scale for work functioning
Perceived Deficits Questionnaire for cognitive difficulties



These brief, scientifically and clinically valid questionnaires are presented in an easy-to-read **RESULTS** report and personal **HISTORY** chart that patients can print out or share with you directly on their mobile device during an appointment.



Your patients can also set **reminders** to check their symptoms on a regular basis and to share their results at appointments, and receive evidence-based **self-management tips**.

Learn more about the MoodFx scales at: tinyurl.com/moodfxclinicians

For more information:

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