

Measurement-Based Care – there’s an app for that!

MoodFx User Survey



Raymond W Lam, MD, FRCPC

Professor and BC Leadership Chair in Depression Research,
Department of Psychiatry, University of BC.

Director, Mood Disorders Centre, Djavad Mowafaghian Centre for Brain Health.

Past Executive Chair, Canadian Network for Mood and Anxiety Treatments
(CANMAT).

Executive Director, APEC Digital Hub for Mental Health.

Vancouver, BC, Canada



r.lam@ubc.ca



@DrRaymondLam



Medical Care is Measurement-Based Care

- Can you treat hypertension without measuring blood pressure?
- Can you treat diabetes without measuring HbA1c?
- What makes us think we can treat depression without measuring it?



Measurement-Based Care for Depression

What is measurement-based care (MBC)?

- Routine assessment with scales integrated into clinical care.
 - Symptoms, side effects, functioning, quality of life.
- Timely adjustments of medication and counselling
- Timely changes in treatments depending on outcomes.
- **Measurement-based care improves outcomes in people treated for depression**



MoodFx for online mood tracking



www.MoodFx.ca

Nouveau!
En Français!

www.fr.MoodFx.ca

- Patient-focused – symptoms, function, side effects
- Simple charting of results
- Set appointment reminders by text or email
- Print results to bring in to clinicians
- Subscribe to weekly text/email tips



Validated scales used in MoodFx

- For work functioning = LEAPS
 - Lam Employment Absence and Productivity Scale
- For depression = PHQ-9
 - Sensitivity and specificity for diagnosis of Major Depressive Disorder (MDD)
= 83% and 83%
- For anxiety = GAD-7
 - Sensitivity and specificity for diagnosis of anxiety disorder:
For GAD = 89% and 82%
For Others = 66-74% and 80-81%
- For cognition = PDQ-D-5
 - Perceived Deficits Questionnaire for Depression
- For side effects = FIBSER
 - Frequency, Intensity, and Burden of Side Effects Rating



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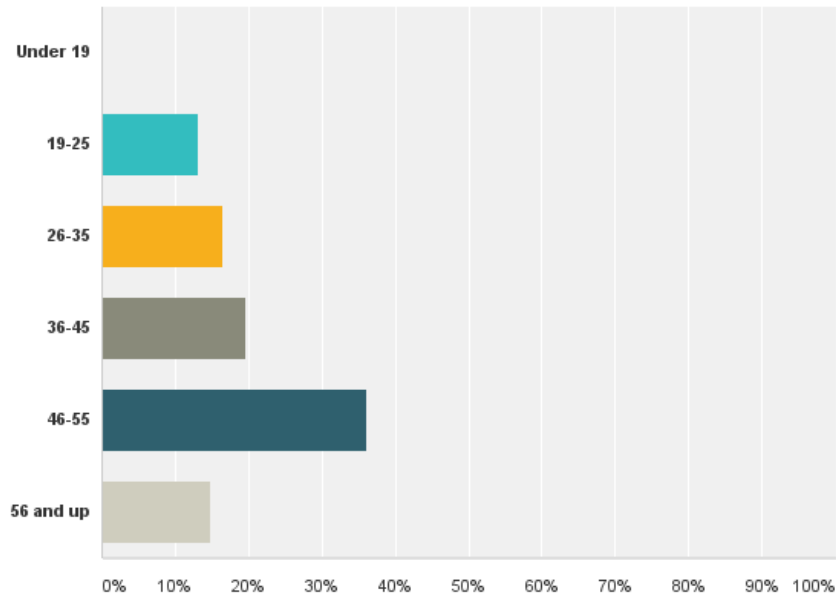
MoodFx – User Survey



- First survey of MoodFx users (n=64)
- Female: 78%
- Seen a clinician: 92%
- Treated: 87%

Q3 My age is:

Answered: 61 Skipped: 3



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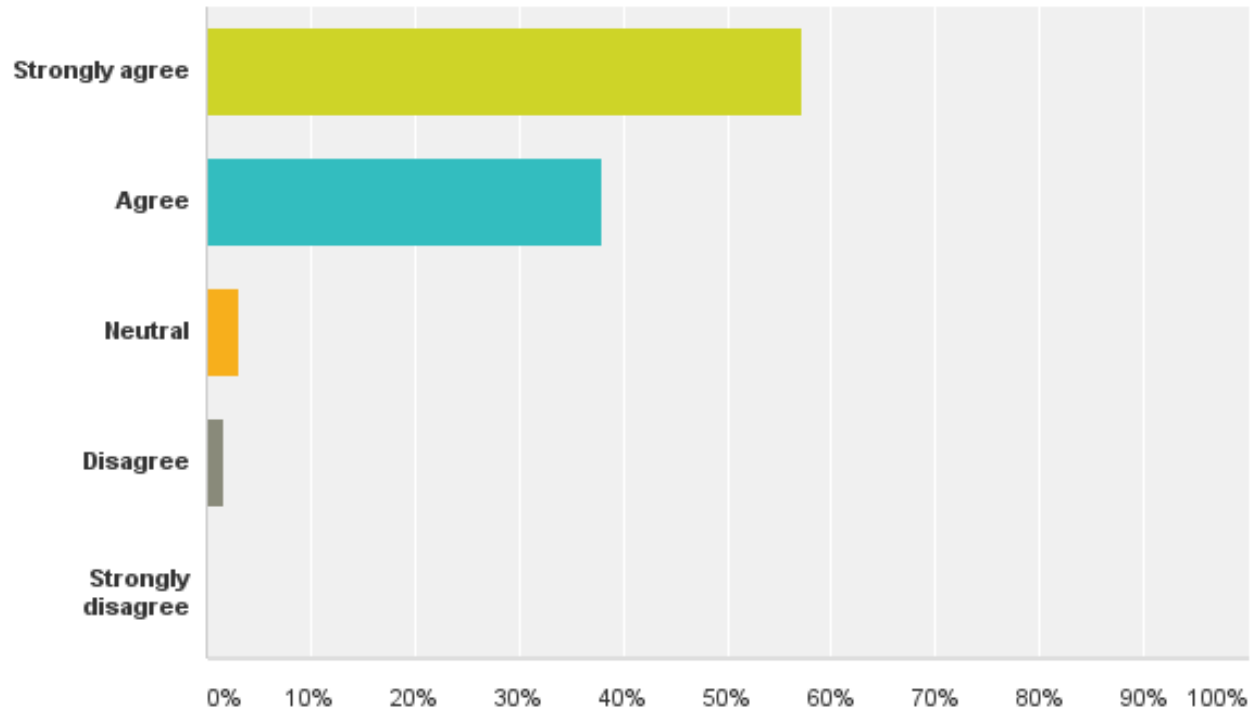


MoodFx – User Survey



Q7 I am generally pretty comfortable using technology like computers, mobile phones, tablets, and the Internet.

Answered: 63 Skipped: 3

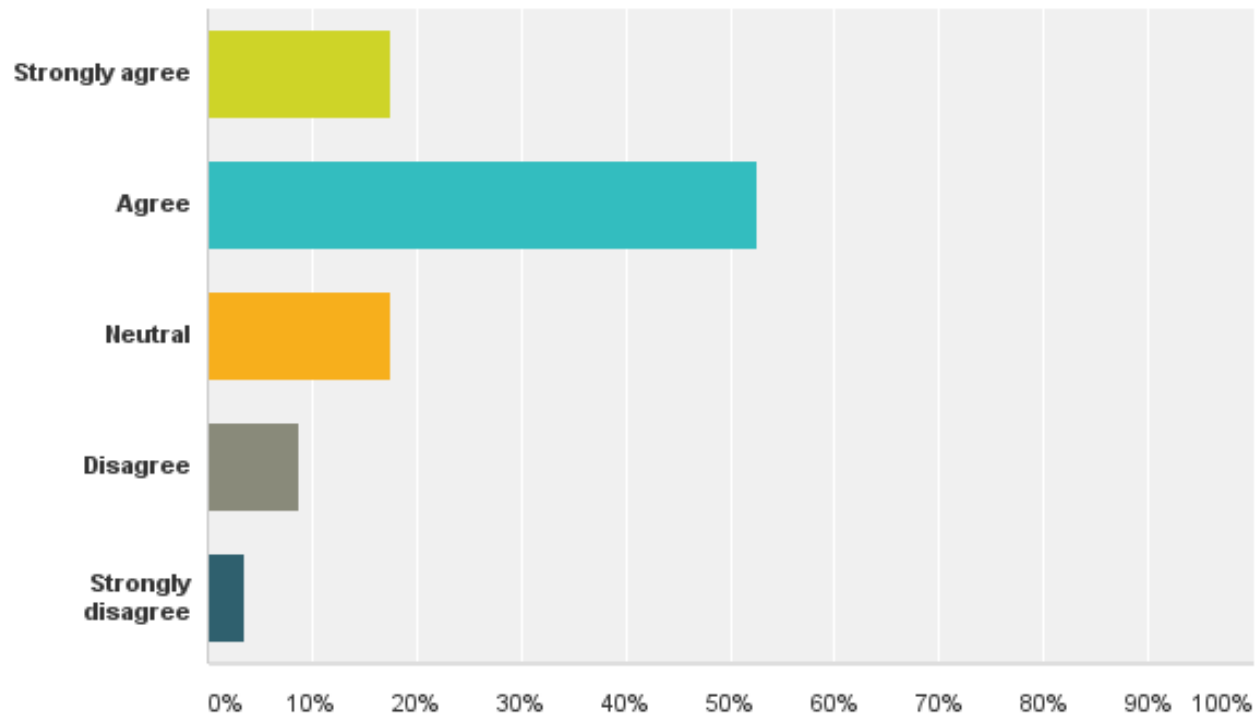




MoodFx – User Survey



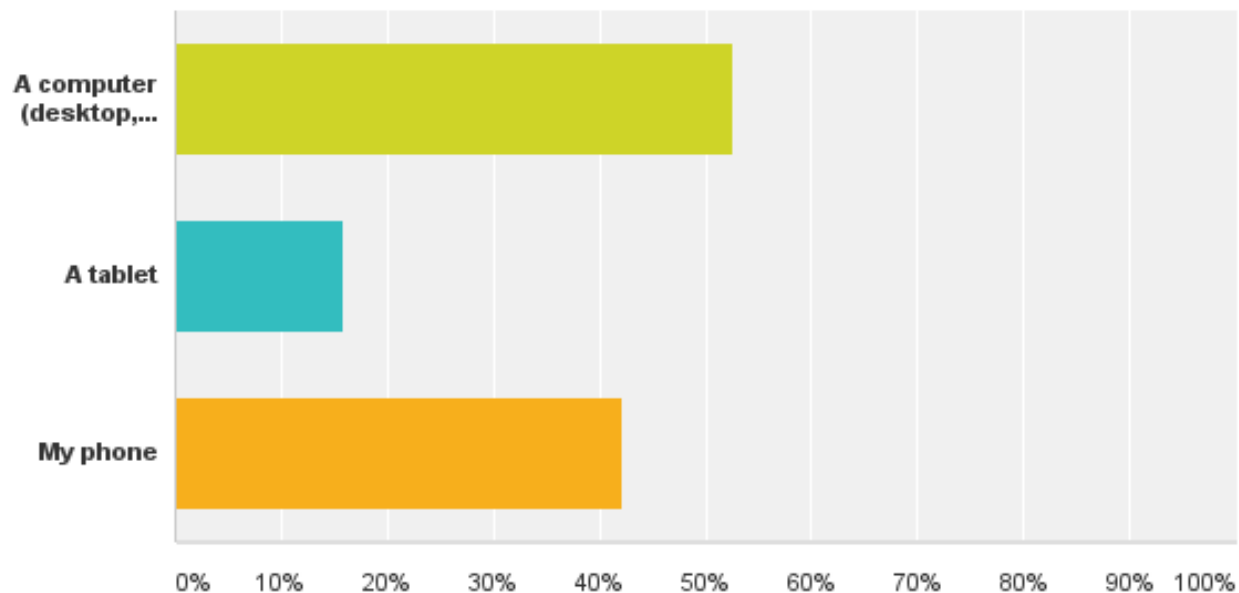
Q20 Overall, MoodFx has been useful for me.





MoodFx – User Survey

Q13 What do you usually use to access MoodFx? Check all that apply:

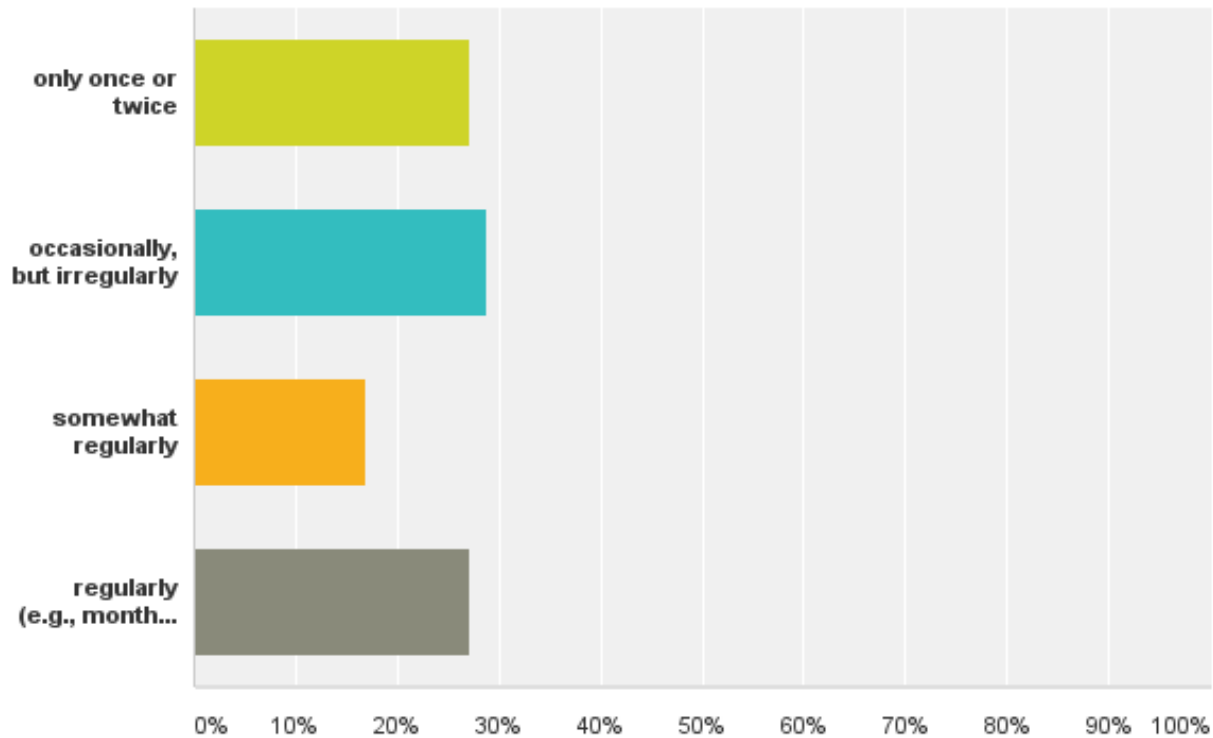




MoodFx – User Survey



Q14 How often have you used MoodFx to check your symptoms (“Check my Mood”)?





MoodFx – User Survey



Q15 What other MoodFx features do you use? Check all that apply:

