

# DEPRESSION & ANXIETY

## Treatment approaches covered

Psychopharmacotherapy | Psychotherapy | Lifestyle interventions | Self-guided help | Other forms of therapy

For a complete overview of this Set, including definitions for each measure, time points for collection, and associated risk factors, visit <https://connect.ichom.org/patient-centered-outcome-measures/depression-anxiety/>



## Details

- <sup>1</sup> Recommended to track via the Patient Health Questionnaire (PHQ-9)
- <sup>2</sup> Includes symptoms of general anxiety, social phobia, agoraphobia, post-traumatic stress disorder, panic disorder, and obsessive-compulsive disorder
- <sup>3</sup> Recommended to track via the Generalized Anxiety Disorder (GAD-7), and for those with specific anxiety disorders: the Social Phobia Inventory (SPIN), the Mobility Inventory for Agoraphobia (MIA), the Impact of Event Scale - Revised for Post-Traumatic Stress Disorder (IES-R), the Panic Disorder Severity Scale (PDSS-SR), and the Obsessive-Compulsive Inventory (OCI-R)
- <sup>4</sup> Recommended to track via the World Health Organization Disability Assessment 2.0 (WHODAS 2.0)
- <sup>5</sup> Includes work status and disease-related absenteeism



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DEPRESSION  
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ICHOM Set

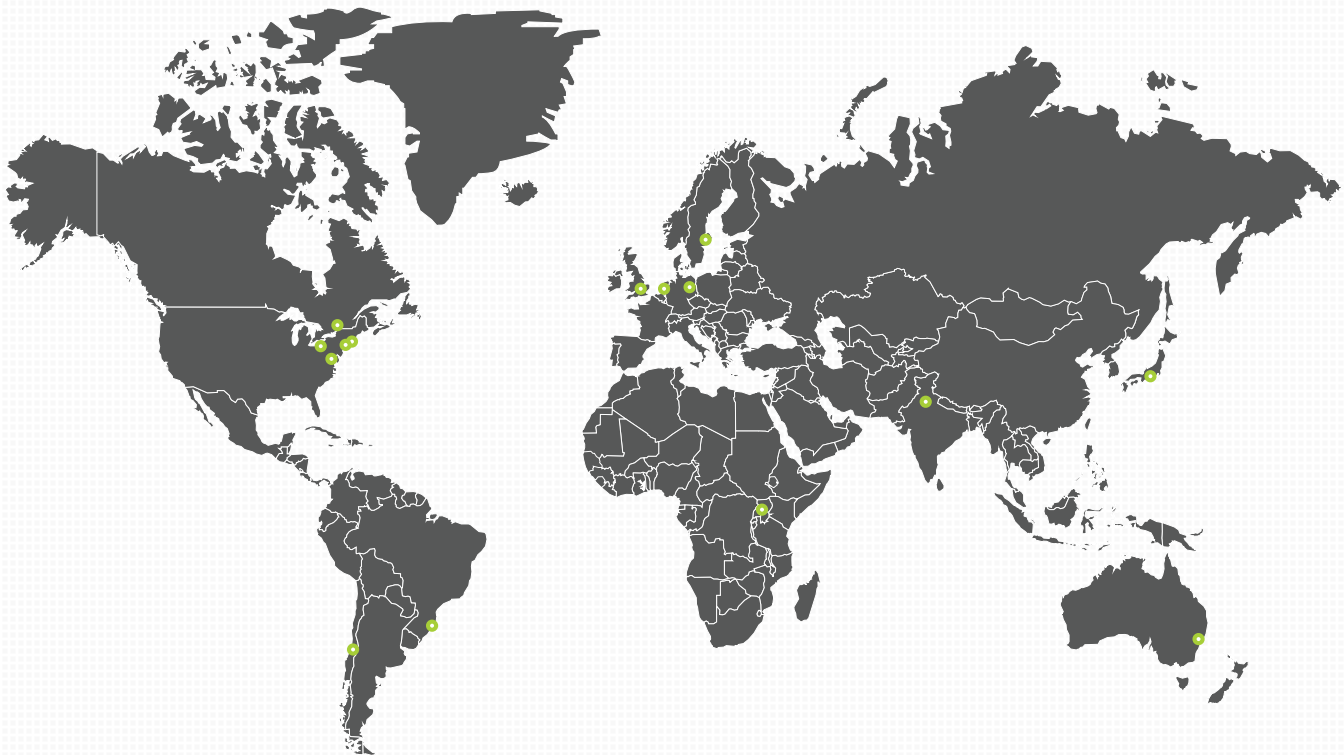
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For more information about the process of developing a Set of Patient-Centered Outcome Measures, visit [ichom.org/how-we-work/](http://ichom.org/how-we-work/)

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