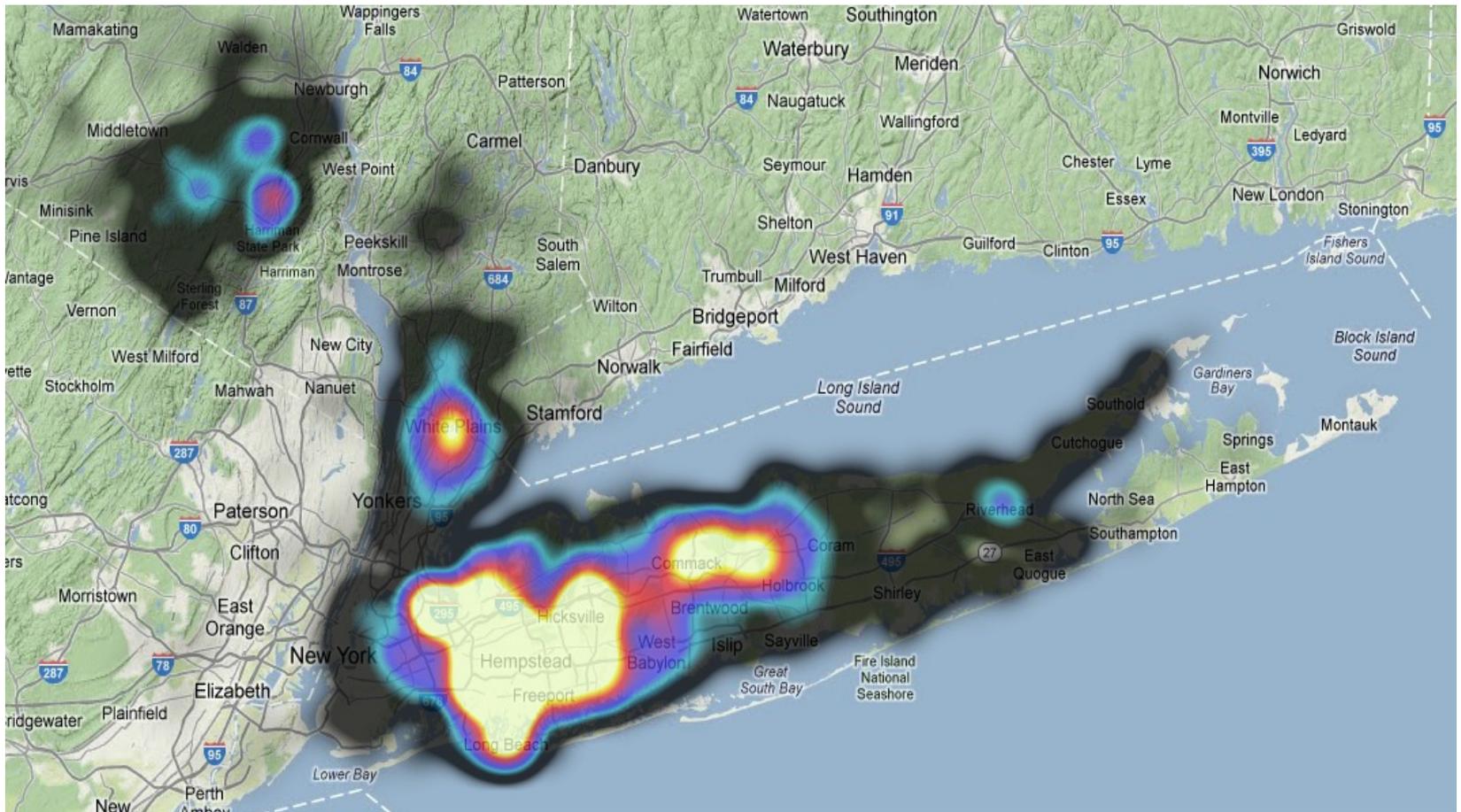


Adolescent Mental Health Screening in a Pediatric Practice

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Pediatric Medical Home

- Physical health
- Mental health

“Most mental health problems diagnosed in adulthood begin in adolescence. Half of lifetime diagnosable mental health disorders start by age 14; this number increases to three fourths by age 24.”¹

“Nationally, in 2005, there were 270 suicides among 10- to 14-year-olds and 1,613 suicide deaths among 15- to 19-year-olds, accounting for 10.8% of deaths among 10- to 19-year-olds.”¹

Suicide—THIRD leading cause of death amongst 10-14 & 15-19 year olds in 2008



Target: Adolescents, 11 to 18 years old

Pediatric Symptom Checklist (PSC-Y)

• The key—annual physical exam

- Pediatric Symptom Checklist (PSC-Y):
 - 35 questions (Never, Sometimes, Often) plus 2 on suicide
 - Quick, easy
 - Approximately 5 min for patient to complete
 - Scoring takes less than 1 minute
 - » 30 or more is positive
 - » “Yes” to either suicide question is positive



A Survey From Your Healthcare Provider

Name	Date	ID	
Please mark under the heading that best fits you or circle yes or no	Never 0	Sometimes 1	Often 2
1. Complain of aches or pains			
2. Spend more time alone			
3. Tire easily, little energy			
4. Fidgety, unable to sit still			
5. Have trouble with teacher			
6. Less interested in school			
7. Act as if driven by motor			
8. Daydream too much			
9. Distract easily			
10. Are afraid of new situations			
11. Feel sad, unhappy			
12. Are irritable, angry			
13. Feel hopeless			
14. Have trouble concentrating			
15. Less interested in friends			
16. Fight with other children			
17. Absent from school			
18. School grades dropping			
19. Down on yourself			
20. Visit doctor with doctor finding nothing wrong			
21. Have trouble sleeping			
22. Worry a lot			
23. Want to be with parent more than before			
24. Feel that you are bad			
25. Take unnecessary risks			
26. Get hurt frequently			
27. Seem to be having less fun			
28. Act younger than children your age			
29. Do not listen to rules			
30. Do not show feelings			
31. Do not understand other people's feelings			
32. Tease others			
33. Blame others for your troubles			
34. Take things that do not belong to you			
35. Refuse to share			
36. During the past three months, have you thought of killing yourself?		Yes	No
37. Have you ever tried to kill yourself?		Yes	No

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Cutoff Scores for Interpretation:

I ≥ 5

E ≥ 7

A ≥ 7

TS _____

Q 36 or Q 37=Y TS ≥ 30

Plan for follow-up

Annual Screening Return visit w/ PCP Referred to counselor Parent declined Already in treatment Referred to other professional

Source: Pediatric Symptom Checklist – Youth Report (psc-y)



SCREENING IS SAFE

Evaluating Iatrogenic Risk of Suicide Screening Programs (Gould et al, JAMA, 2000)

Concern about whether asking about suicidal ideation/behavior causes distress or increases suicidal ideation.

- Does NOT create distress
- Does NOT increase suicidal ideation
- Even amongst HIGH-risk students



Sources:

1. Knopf D et.al., The Mental Health of Adolescents: A National Profile, 2008. National Adolescent Health Information Center, at <http://nahic.ucsf.edu/downloads/MentalHealthBrief.pdf>
2. Gould MS, Marrocco FA, Kleinman M, et al. Evaluating Iatrogenic Risk of Youth Suicide Screening Programs: A Randomized Controlled Trial. JAMA. 2005;293(13):1635-1643. doi:10.1001/jama.293.13.1635.
3. Incorporating Mental Health Screening Into the Adolescent Office Visits: PSC-Y, at <http://www.teenscreen.org/wp-content/uploads/PSC-Y-Kit.pdf>
 - Shortcut: **<http://bit.ly/psc-y>**

