

FeelingBetterNow.com®: a digital mental health platform for optimizing mental health in primary care – A Pilot Study

Sam Ozersky, AB, MD, FRCPC Senior Consultant – Mood Disorders Clinic, University Health Network, Toronto General Hospital



Introduction:

Canadian physicians lack a universal, standardized process to clinically address problems in patients with mental disorders. The current sub-optimal assessment and treatment planning results in poor outcomes for close to 80% of mental health patients in primary care.

Methods:

FeelingBetterNow.com®, an e-mental health platform for assessment and treatment, was developed and piloted in a small population of patients from an addictions clinic and an automotive company EAP (N=16) with previously diagnosed disorders. They completed the DSM-V based assessment prior to their next appointment as part of a physician's intake process. CGI-S scores were obtained at baseline and CGI-I scores were obtained post-assessment. Changes in diagnoses and treatment were also assessed.

Diagnosis Pre & Post FBN Addictions Clinic (n=7)

Date 1 st seen	DX prior to FBN	Dx after FBN	Change in Dx
2009	Bipolar disorder	Bipolar disorder, ADHD, substance abuse disorder	No, but significant med. changes
2009	Substance abuse disorder	Rapid cycling bipolar II disorder	Yes
2012	"Intractable" depression, alcohol dependency/abuse, identity issues	Bipolar II disorder non-rapid cycling, ADHD	Yes
2012	Depression	Bipolar II disorder rapid cycling, ADHD, social anxiety, seasonal affective disorder, substance abuse disorder	Yes
2014	Depression	Bipolar disorder, ADHD, substance abuse disorder	Yes
2012	Depression, alcoholism	Dysthymia, ADHD, substance abuse disorder	Yes
2012	Chronic depression, social anxiety disorder, substance abuse disorder	MDD, substance abuse disorder, ADHD	Yes
n=7			

Diagnosis Pre & Post FBN Automotive Clinic (n=10)

Date 1 st seen	DX prior to FBN	Dx after FBN	Change in Dx
2016	Alcohol dependence, PTSD	Eating disorder, PTSD, depression, insomnia, intermittent explosive disorder, ADHD, OCD, social anxiety	Yes
2012	OCD, alcohol dependence, bipolar (but refused meds at the time)	OCD, adjustment disorder, PTSD, intermittent explosive disorder, bipolar disorder, insomnia, ADHD, depression, alcohol dependence	Yes
2014	Depression	Bipolar disorder	Yes
2014	Alcohol dependence	MDD	Yes
2015	MDD, eating disorder, ADHD	Panic disorder, bipolar disorder, GAD	Yes
2016	MDD, substance abuse disorder	Eating disorder, GAD, depression, ADHD, insomnia, some problems related to: bipolar, panic disorder, adjustment disorder and social anxiety disorder, OCD	Yes
2015	(?) ADHD, low-grade depression, alcohol dependence	PTSD, GAD (also ADHD, MDE from dr. Sam)	Yes
2015	Substance abuse disorder, ADHD	Panic disorder, bipolar disorder, GAD (also rapid-cycling bipolar disorder, ADHD from dr. Sam)	Yes
2017	(?) depression unclear diagnosis	ADHD, depression, bipolar disorder, GAD, panic disorder, social anxiety disorder, insomnia	Yes
2015	Depression	Bipolar disorder	Yes
n=10			

Results:

Preliminary results demonstrated the effectiveness of the assessment and treatment planner in facilitating the physician's adjustment of diagnosis and treatment. 15 of 16 cases had a diagnosis and treatment change. Comparisons on the CGI-S and CGI-I scales demonstrated an average of 3 points of improvement with assessment use.

Conclusion:

A DSM-V based online assessment program has potential to improve outcomes of mental health patients in primary care.

Relevance/Implication

Evidence-based e-mental health technologies have potential to standardize, streamline, and improve clinical practice and enhance quality of mental health care.

1. Link to FBN sent to patient prior to scheduled appointment

2. Patient completes DSM-V based assessment online via FBN

CGI-S/CGI-I

Date 1 st seen	CGI-S before FBN	CGI-I after FBN
2009	7	2
2009	7	2
2012	7	2
2012	7	2
2014	7	2
2012	6	3
2012	7	2
n=7		

CGI-S/CGI-I

Date 1 st seen	CGI-S before FBN	CGI-I after FBN
2016	4	2
2012	6	2
2014	4	2
2014	5	2.3
2015	4	2
2016	5	3
2015	5	1
2015	5	3
2017	-	-
2015	4	3.4
n=10		

3. Patient brings FBN Personal Assessment & Treatment Plan to scheduled appointment

4. Personal Assessment & Treatment Plan supplements clinical consultation

5. Diagnosis

The screenshot displays the 'FeelingBetterNow' interface. At the top, it says 'Personalized Action Plan for Depression Symptoms For You and Your Care Provider'. Below this, there are sections for 'Your Symptoms & History' with a table of symptoms and responses, 'Key First-Line Antidepressants for Initial Treatment in Adult Depression' with a table of brand and scientific names, initial and usual daily doses, and 'Psychotherapy Options' listing various treatments like CBT, IPT, and MCT. There are also icons for 'Stress Reduction', 'Helping Yourself', 'Helping Others', 'Mental Health Exercises', 'Mental Health Problems', and 'Care Providers and Therapies'.

