

Rowan University

Rowan Digital Works

Stratford Campus Research Day

26th Annual Research Day

May 5th, 12:00 AM

The Need for Depression and Anxiety Screenings at a Student-Run Clinic

Shayna Peterzell
Rowan University

Sahil Parikh
Rowan University

Alicia Podwojniak
Rowan University

Vibha Chauhan
Rowan University

Riya Tandra

Rowan University
Follow this and additional works at: https://rdw.rowan.edu/stratford_research_day



Part of the [Community Health Commons](#), [Community Health and Preventive Medicine Commons](#), [See the Map page for additional Health Services Research Commons](#), [Mental Disorders Commons](#), [Preventive Medicine Commons](#), [Primary Care Commons](#), [Psychiatric and Mental Health Commons](#), [Psychiatry Commons](#), and the [Quality Improvement Commons](#)

Let us know how access to this document benefits you - share your thoughts on our [feedback form](#).

Peterzell, Shayna; Parikh, Sahil; Podwojniak, Alicia; Chauhan, Vibha; Tandra, Riya; Forester, Emily; Parikh, Saumil; Horoschak, Jessica-Sophie; Pearce, Patrick; Padalkar, Roma; Khan, Sobiah; and Pellegrino, Tara, "The Need for Depression and Anxiety Screenings at a Student-Run Clinic" (2022). *Stratford Campus Research Day*. 149.

https://rdw.rowan.edu/stratford_research_day/2022/May5/149

This Poster is brought to you for free and open access by the Conferences, Events, and Symposia at Rowan Digital Works. It has been accepted for inclusion in Stratford Campus Research Day by an authorized administrator of Rowan Digital Works.

Author(s)

Shayna Peterzell, Sahil Parikh, Alicia Podwojniak, Vibha Chauhan, Riya Tandra, Emily Forester, Saumil Parikh, Jessica-Sophie Horoschak, Patrick Pearce, Roma Padalkar, Sobiah Khan, and Tara Pellegrino

The Need for Depression and Anxiety Screenings at a Student-Run Clinic

Shayna Peterzell OMS-III, Sahil Parikh OMS-II, Alicia Podwojniak OMS-I³, Vibha Chauhan OMS-I³, Riya Tandra OMS-II³, Emily Forester OMS-I³, Saamil Parikh OMS-I³, Jessica-Sophie Horoschak OMS-II⁴, Patrick Pearce OMS-I⁴, Roma Padalkar OMS-IV, Sobiah Khan OMS-IV, Tara Pellegrino DO

Background

General anxiety and major depressive disorder are common and treatable mental health disorders.¹

The US Preventive Services Task Force provides strong evidence that early screening helps identify depression in primary care settings, promote intervention and facilitate treatment.²

University of California San Diego's (UCSD) student run clinic has implemented a depression management program through the use of PHQ-2 and PHQ-9 universal depression screening tools.³

The Rowan Community Health Clinic (RCHC) in Lindenwood, NJ is a student-run free clinic who serves patients regardless of patient gender, race, income or insurance status.

This study aims to determine if there is a need to build internal infrastructure at RCHC, similar to other student run clinics like UCSD, for depression and anxiety management.

Methods

IRB-approved study started in June 2021. 25 total patients (17 F, 8 M) ranging from 18-65 years old. Data stored in Qualtrics and analyzed in SPSS.

figure 1: study phases



Over the last 2 weeks, how often have you been bothered by any of the following problems?

	Not at all	Several days	More than half the days	Nearly every day
Low Mood				
1. Little interest or pleasure in doing things	0	1	2	3
2. Feeling down, depressed, or hopeless	0	1	2	3
3. Trouble falling/ staying asleep, waking too much	0	1	2	3
4. Feeling tired or having little energy	0	1	2	3
5. Poor appetite or overeating	0	1	2	3
6. Feeling bad about yourself or that you are a failure or have let yourself or your family down	0	1	2	3
7. Trouble concentrating on things, such as reading the newspaper or watching television	0	1	2	3
8. Moving or speaking so slowly that other people could have noticed. Or the opposite being so fidgety / restless that you have been moving around a lot more than usual	0	1	2	3
9. Thoughts that you would be better off dead, or of hurting yourself in some way	0	1	2	3
Anxiety				
1. Feeling nervous, anxious or on edge	0	1	2	3
2. Not being able to stop or control worrying	0	1	2	3
3. Worrying too much about different things	0	1	2	3
4. Trouble relaxing	0	1	2	3
5. Being so restless that it is hard to sit still	0	1	2	3
6. Becoming easily annoyed or irritable	0	1	2	3
7. Feeling afraid as if something awful might happen	0	1	2	3

figure 2: PHQ-2/9 and GAD-2/7

Results

PHQ9 Score	Depression Risk	Prevalence
0-4	Minimal	19/24
5-9	Mild	2/24
10-14	Moderate	1/24
15-19	Mod-to-Severe	1/24
20-27	Severe	1/24

GAD7 Score	Anxiety Risk	Prevalence
0-4	Minimal	19/24
5-9	Mild	0/24
10-14	Moderate	5/24
>15	Severe	0/24

No significant difference* between prevalence of minimal or mild-to-severe depression or anxiety based on:

- Income above or below poverty line (p = 0.32)
- Insurance status (p = 0.52)
- Age over or under 50 years (p = 0.63)
- Status of established care with a primary care physician (p = 0.18)
- Gender (p = 0.13) - all scores >5 on PHQ-9/GAD-7 were ♀

*p-value determined using the Fisher's Exact Test

Conclusion

Existing national evidence suggests there is a need to assess and diagnosis mental health disorders to provide treatment¹. Our data suggests the presence of depression and anxiety within our patient population, but do not yet have a sufficient sample size to provide a statistical solidified conclusion.

The PHQ-9 and GAD-7 only measure symptom severity. A psychiatric evaluation is needed to accurately diagnose. Limitations include limited appointments due to COVID-19, language barriers, and medical distrust.

Future steps involve increasing sample size as well as comparing data with insured patients at a Family Medicine office. We strive to provide accessible mental health services within our student run clinic.

References

- Kroenke K, Spitzer RL, Williams JB. The PHQ-9: validity of a brief depression severity measure. J Gen Intern Med. 2001;16(9):606-613. doi:10.1046/j.1525-1497.2001.016009606.x
- Siu AL; US Preventive Services Task Force (USPSTF), Bibbins-Domingo K, et al. Screening for Depression in Adults: US Preventive Services Task Force Recommendation Statement. JAMA. 2016;315(4):380-387. doi:10.1001/jama.2015.18392
- Soltani M, Smith S, Beck E, Johnson M. Universal depression screening, diagnosis, management, and outcomes at a student-run free clinic. Acad Psychiatry. 2015;39(3):259-266. doi:10.1007/s40596-014-0257-x