

30<sup>th</sup> World

# PSYCHIATRISTS AND PSYCHOLOGISTS MEET

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### How the administration of self-questionnaires may help refer a mentally ill patient to the most appropriate therapist

**Aim:** The aim of this study is to assess the sensitivity and the specificity of a diagnosis procedure issued from analysis of the data of a set of self-questionnaires: HAD (Hospital scale for Anxiety and Depression) (Sigmund & Snaith), PDQ4 (Personality Diagnostic Questionnaire 4<sup>th</sup> Edition), Spiegel, Epworth, ASEX (Arizona Sexual EXperience Questionnaire) and CBI (Copenhagen Burn out Inventory).

**Method:** Every patient requesting mental health care to our center, along with every victim and criminal offenders sent by justice from September 1st, 2017 to March 1<sup>st</sup>, 2018 completed this set of self-questionnaires of the PsyLib.fr web site. For each of them, the diagnosis procedure generated one diagnosis hypothesis (Dg A). Next, each of them had a clinical interview with a psychiatrist or a psychologist, blind from the questionnaire data and received a clinical diagnosis (Dg B). Three diagnoses were assessed: Characterized Depression (MDD), General Anxiety (GAD) And Post-Traumatic Stress Disorder (PTSD). For each of these diagnoses, the sensitivity was defined by the percentage of Dg A among the participants with Dg B and the specificity by the percentage of Dg B among those with Dg A.

**Result:** Data from 155 patients, 97 victims and 66 criminal offenders were computed to generate Dg A. A total of 123 participants received a diagnosis of MDD, 78 of PTSD and 117 of GAD. The diagnosis procedure generating Dg A had 95% sensitivity for MDD, 100% for PTSD and 81% for GAD. The specificity was 88% for MDD, 94% for PTSD and 69% for GAD.

**Conclusion:** Analysis of self-questionnaire data may provide a real help in pre assessing patients, victims and even offenders before referring them to the most appropriate therapist.

### Biography

Joel Gailledreau is the Head of the Private CIC Ambroise Pare and General Manager of PsyLib. He has founded PsyLib with the vision of helping people to access to high quality psychiatric and psychologist care, wherever they live. He has been working in the field of clinical research for 36 years and has acquired an expertise in managing psychiatric and psychologist scales and questionnaires. He is the Former President of the GICIPI, group of French investigators in clinical trial.

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