

2023 MHQ Summary

Client Name

Presented By : Kapnick Strive



Screening Tools Used

The Mental Health Questionnaire was created by combining four gold standard mental health assessments, as outlined below.

PHQ-9

An instrument for screening, diagnosing, monitoring, and measuring the severity of depression according to DSM-IV depression diagnostic criteria.

GAD-7

A screening tool that uses some of the DSM-V criteria for GAD (General Anxiety Disorder) to identify probable cases of GAD along with measuring anxiety symptom severity.

PC-PTSD-5

A 5-item screen designed to identify individuals with probable PTSD.

CAGE

CAGE is an internationally used assessment instrument for identifying alcoholics.

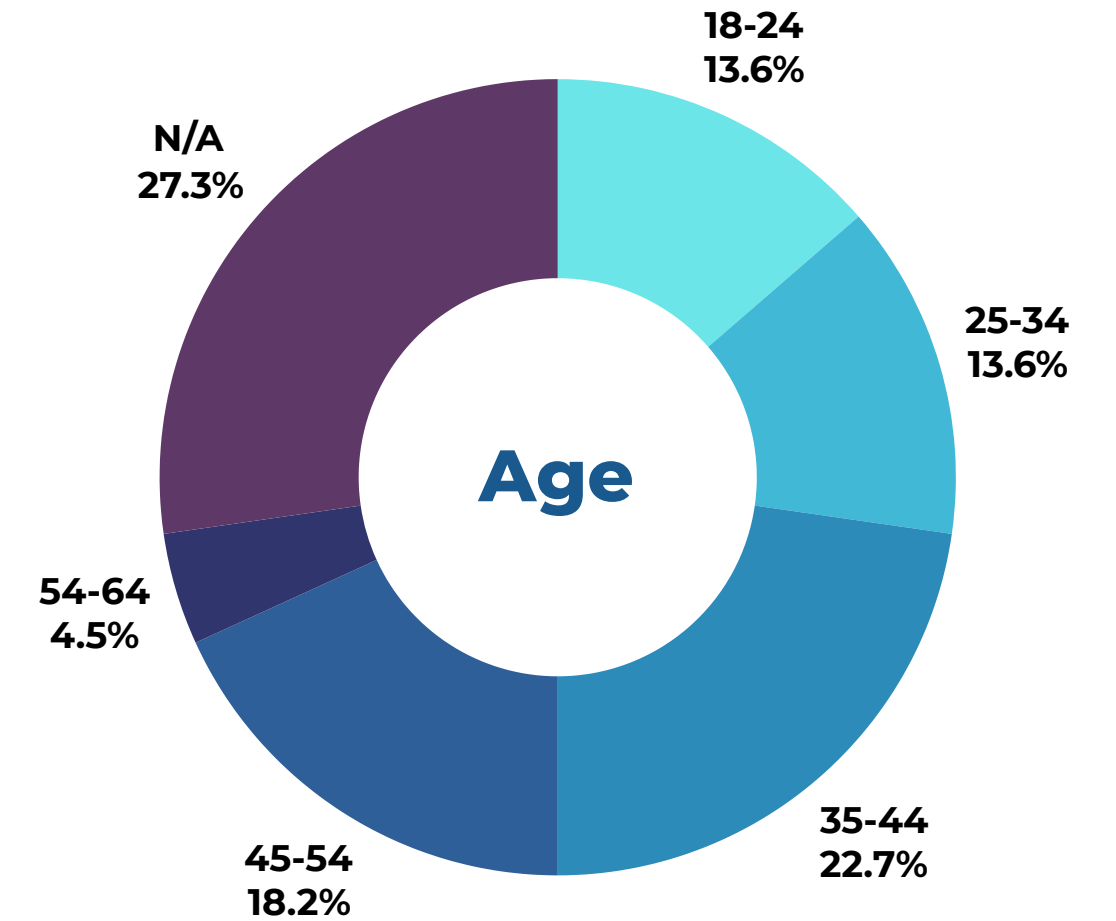
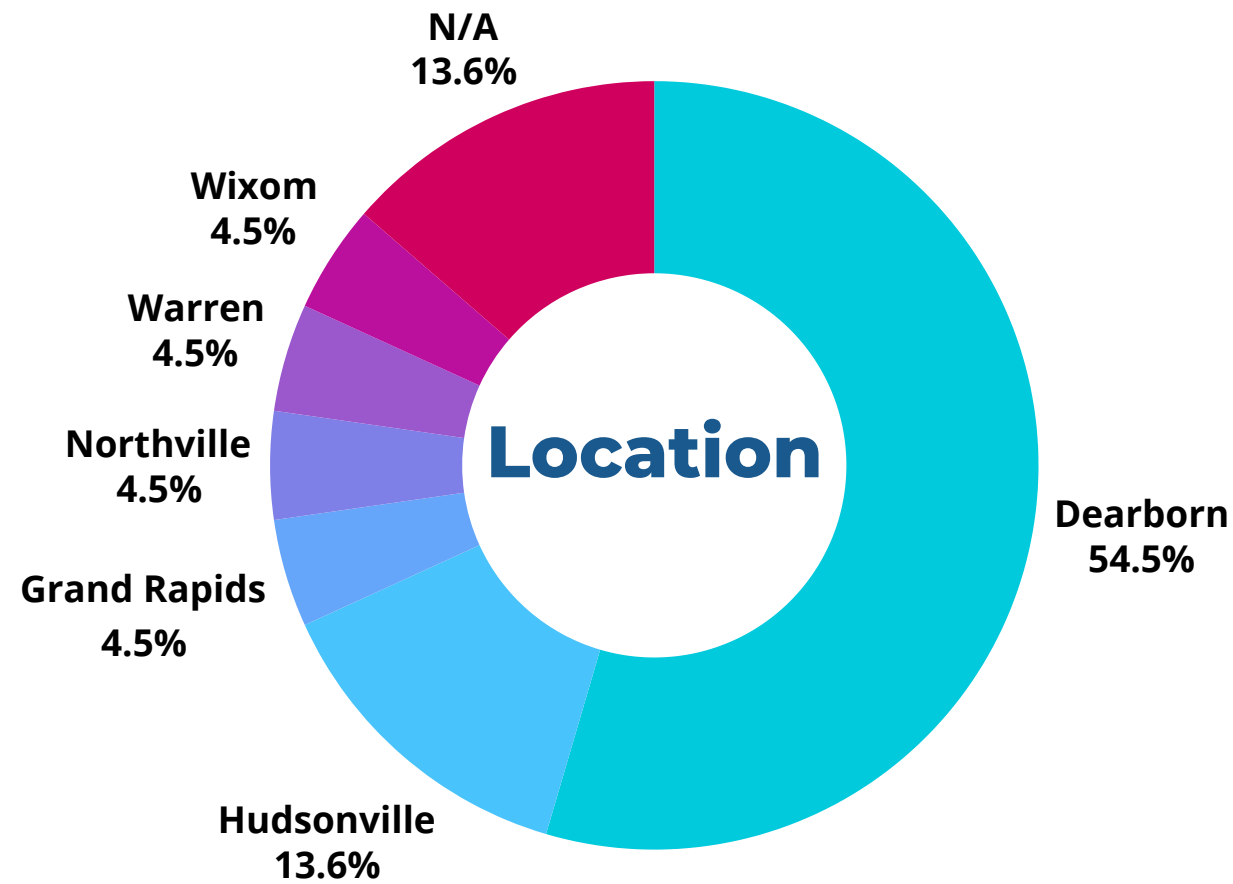
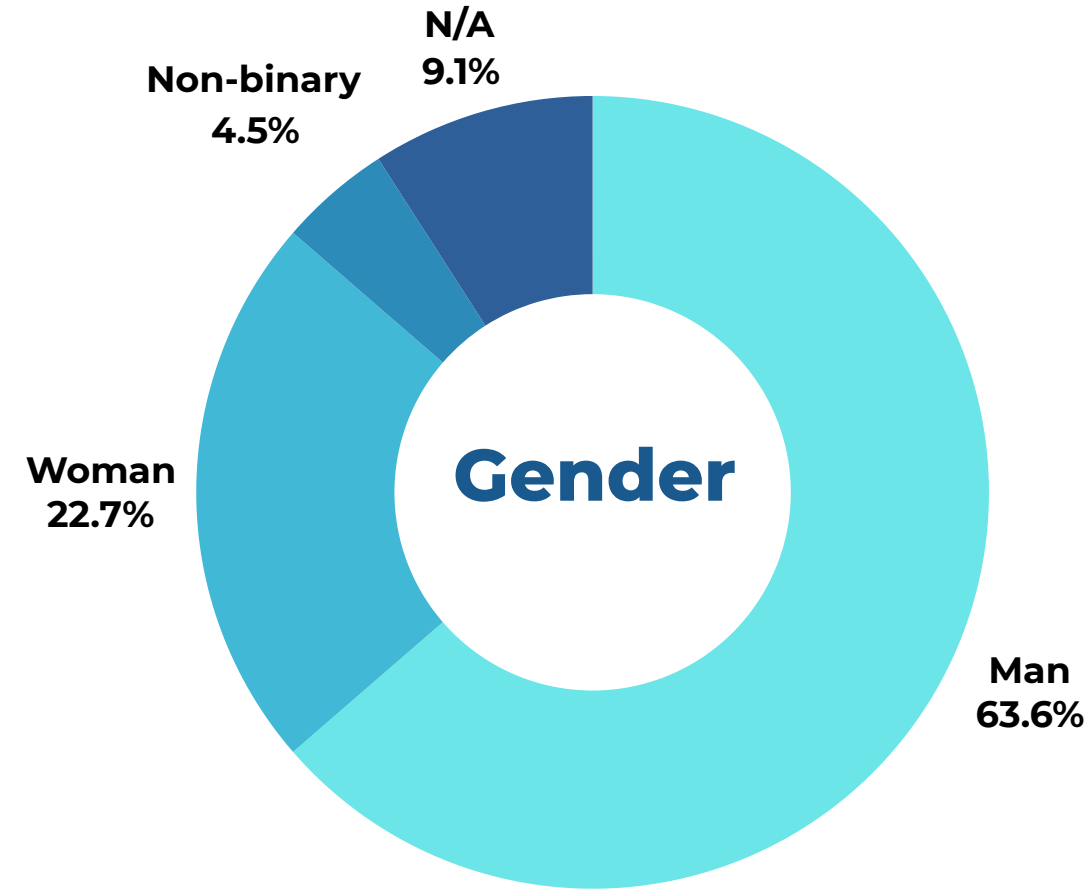
Demographics

22 respondents

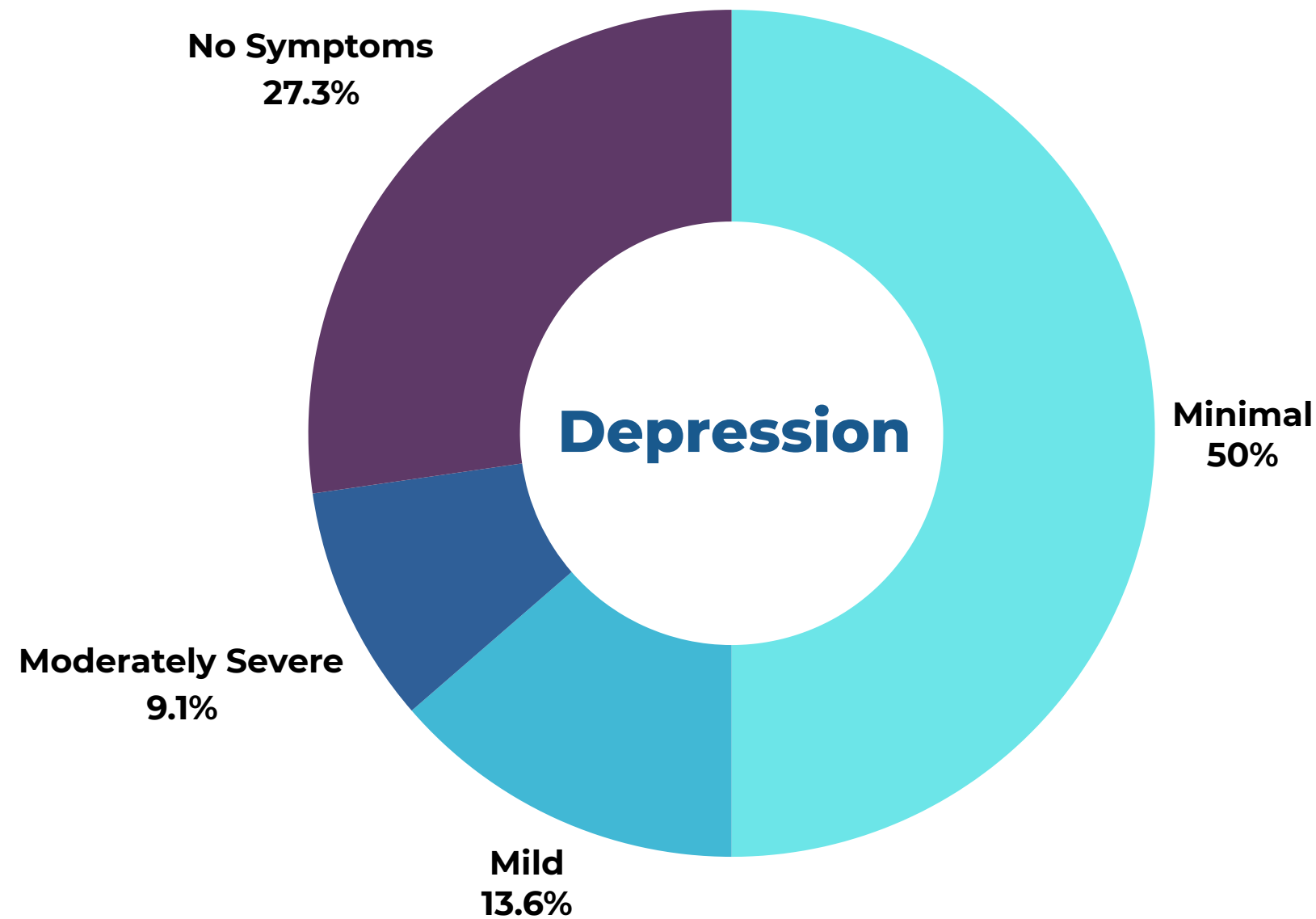
9% of employee population

NOT a representative sample size

N/A = "I prefer not to answer"



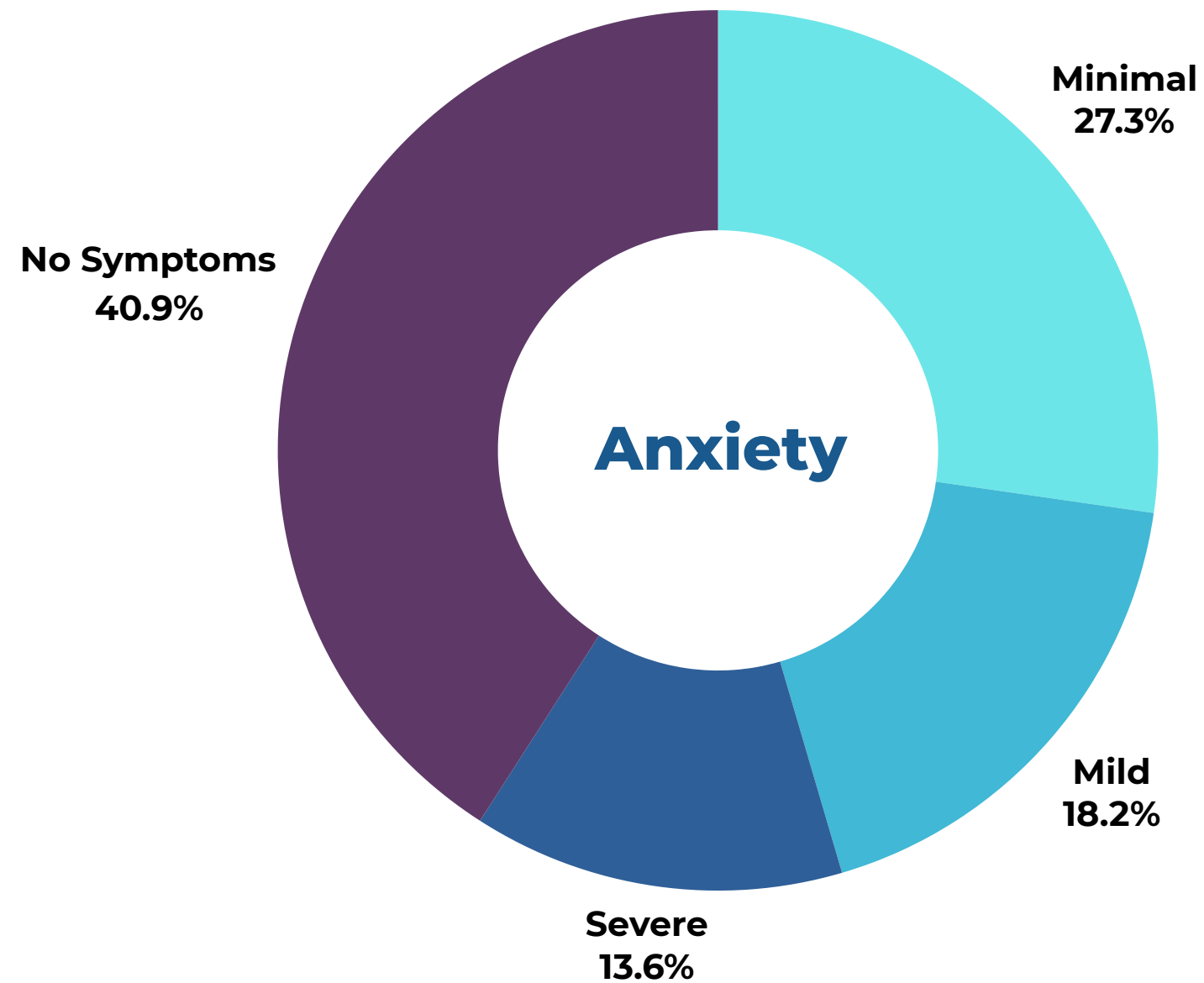
PHQ-9



- **50%** of respondents experience at least 1 symptom of depression
- **2/3** respondents experiencing mild depression have symptoms at the higher end of the range, i.e. closer to moderate depression
- **2** respondents experience moderately severe depression

- 67%** of Dearborn respondents experience symptoms of depression
- ALL** age ranges are represented among those who screened positively for some level of depression
- 100%** of the women respondents screened positively for some level of depression

GAD-7



- **59%** of respondents experience at least 1 symptom of anxiety
- of those who experience some level of anxiety, **over half** experience minimal symptoms
- **3** respondents experience severe anxiety
- of the 3 who experience severe anxiety, **2** also experience moderately severe depression

75%

of respondents who screened positively for some level of depression ALSO screened positively for some level of anxiety

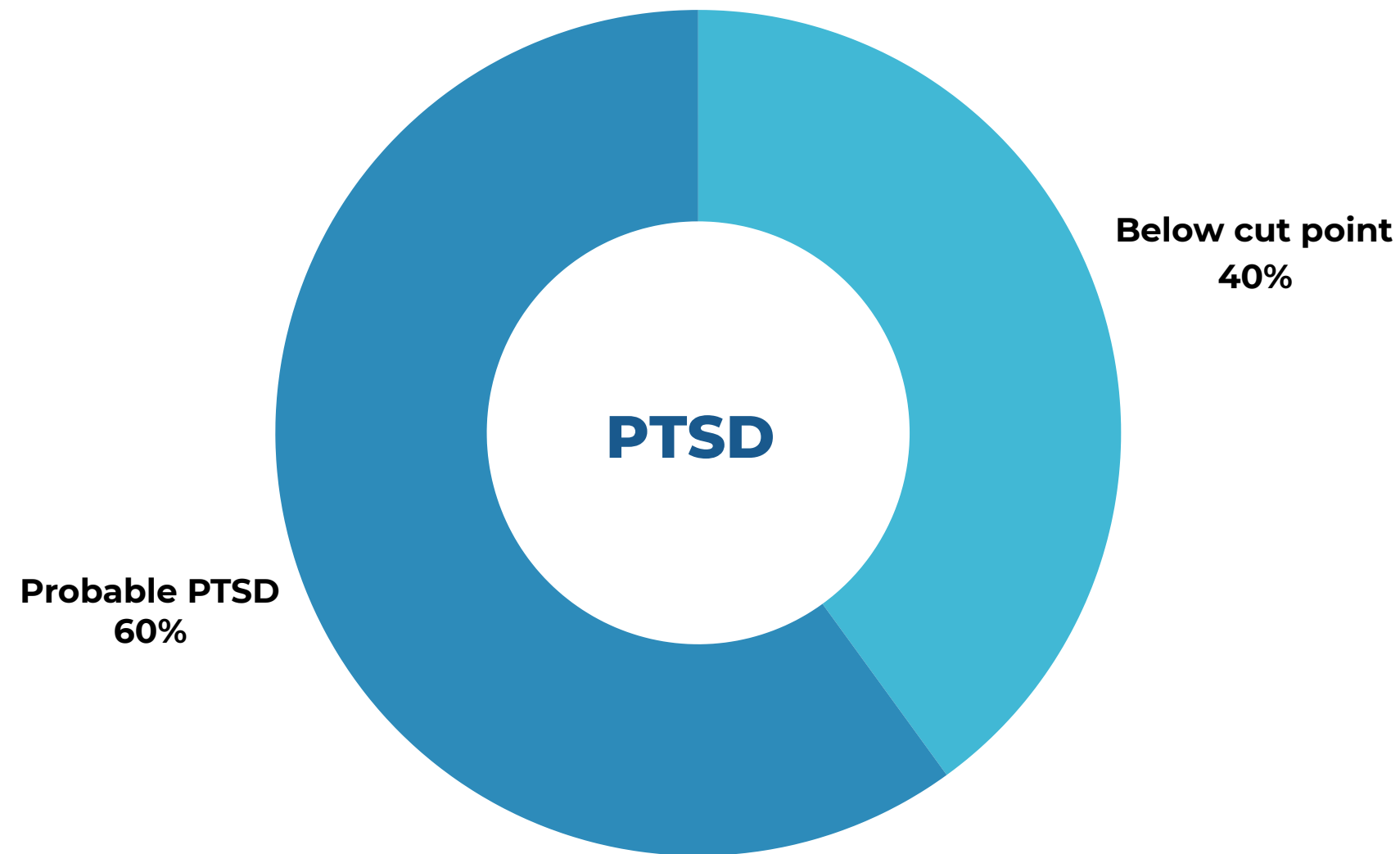
57%

of the men respondents screened positively for some level of anxiety

100%

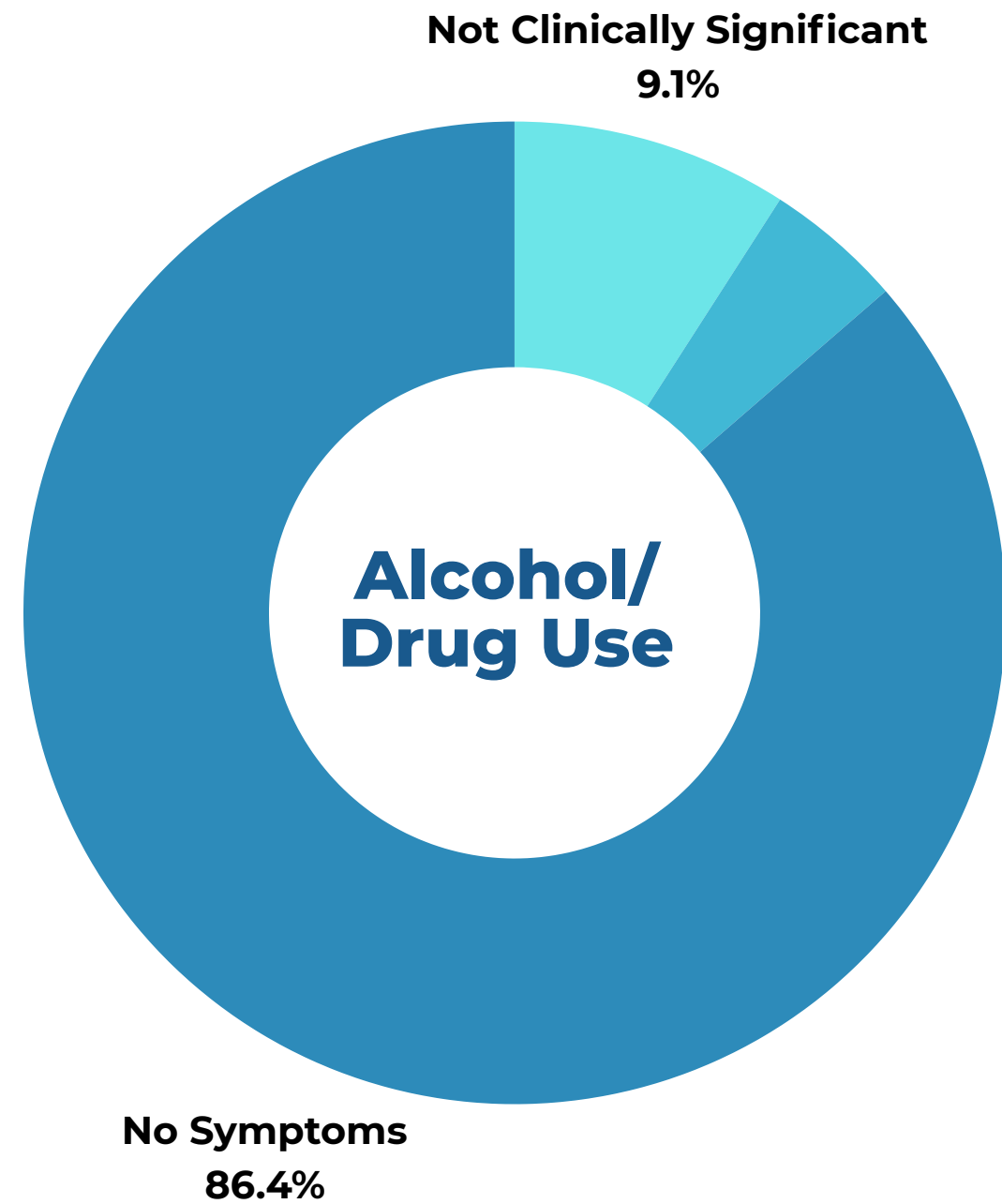
of the women respondents screened positively for some level of anxiety

PC-PTSD-5



- **22%** of respondents indicated that they had experienced a traumatic event
- **2/5** were below the threshold
- **3** (14% of respondents) optimally sensitive to probable PTSD
 - **all 3** experience some level of depression
 - of the 3, **2** also experience severe anxiety
 - of the 3, **1** also experiences severe anxiety and moderately severe depression

CAGE



- **1** clinically significant response
 - this individual also experiences mild anxiety and minimal depression

C Have you ever felt you should **C**ut down on your drinking?

- **3** respondents answered “Yes”

A Have people **A**nnoyed you by criticizing your drinking?

- **1** respondent answered “Yes”

G Have you ever felt bad or **G**uilty about your drinking?

- **1** respondent answered “Yes”

E Have you ever had a drink first thing in the morning to steady your nerves or to get rid of a hangover (**E**ye opener)?