

The added value of functioning in predicting health service use by people with mental disorders

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Background

- Ideally, mental health service resources should be distributed to where they are needed most, while maintaining efficiency.
- For mental health service planning, it is important to have good knowledge of patient-related variables associated with health service use (HSU) by people with mental disorders.
- Diagnoses and symptoms do not explain a large proportion of the variance in HSU by people with mental disorders.^{1,2}
- Functioning (in the body and daily life activities) reflects the burden of all health problems and has been shown to be associated with HSU in physical health populations.³

References

- ¹ Elphick et al. (1996) Casemix groupings for psychiatry: Strengths and weaknesses of 'Version 2.0 Healthcare Resource Groups' (HRGs). *Journal Of Mental Health*, 5, 443-50.
² Prina et al. (2015). The association between depressive symptoms in the community, non-psychiatric hospital admission and hospital outcomes: A systematic review. *Journal of Psychosomatic Research*, 78, 25-33.
³ Covinsky et al. (1997) Measuring prognosis and case mix in hospitalized elders. The importance of functional status. *Journal of General Internal Medicine*, 12, 203-208.

Objectives

- The general objective is to determine the added value of functioning in predicting HSU by people with mental disorders.
- There are two specific aims (Figure 1). A systematic review addresses the first specific aim, and three empirical studies address the second specific aim.

Specific Aim 1: Identify variables evidenced to predict HSU by people with mental disorders.

1) Systematic review of the predictors of HSU by adults with mental disorders in the UK

Aim:

- To identify variables with good evidence supporting their ability to predict HSU by adults with mental disorders in the UK.

Key Findings:

- 28 included studies identified a range of variables predictive of HSU (Figure 2).
- Association of functioning with HSU under-researched (Figure 3).

Predictors of HSU

- Comorbidity
- Personality disorder
- Age
- Neurotic symptoms
- Female
- Not married
- Non-white
- Medication
- High previous HSU
- **Activities of Daily Living**

Figure 2: Variables with evidence supporting their ability to predict HSU by adults with mental disorders in the UK

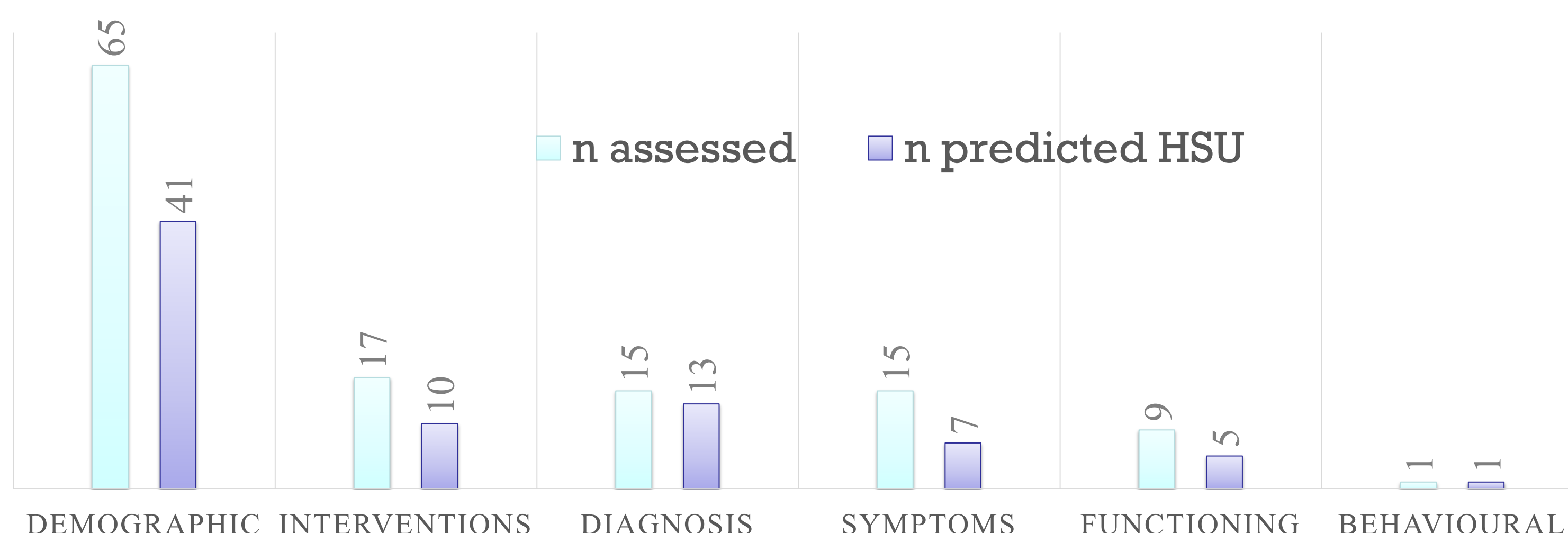


Figure 3: Frequency of HSU prediction by variable category

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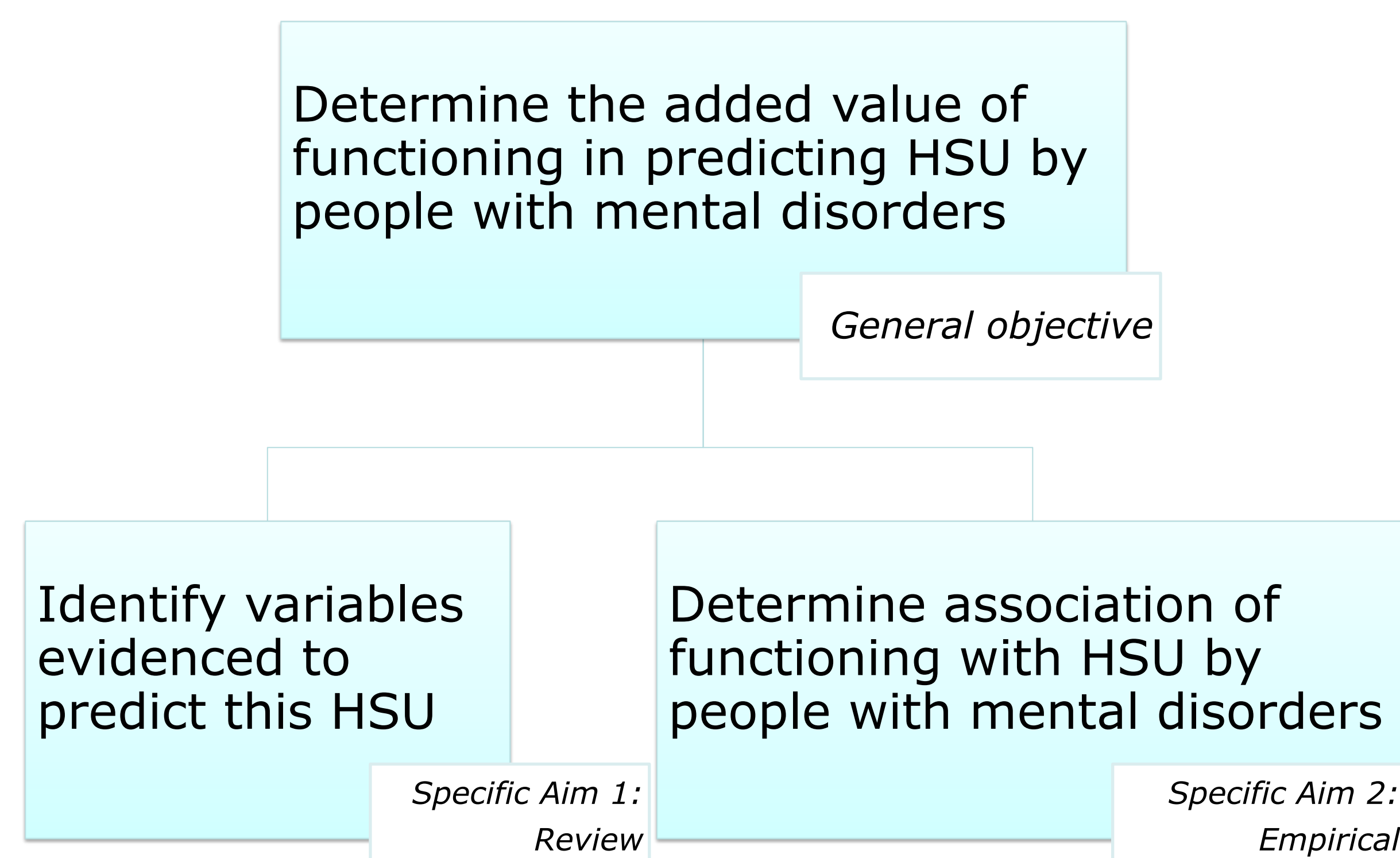


Figure 1: General objective and specific aims.

Specific Aim 2: Determine association of functioning with HSU by people with mental disorders

1) Cross-sectional analysis of the 10/66 Dementia Research Group population-based surveys dataset.

Aim:

- To determine the extent to which depressive symptom severity (EURO-D) and functioning (WHODAS-II) are associated with HSU by older people with depression ($n = 4,590$) in low-and middle-income countries.

Key Findings:

- Mixed evidence for associations of depressive symptom severity and functioning with HSU.
- Depressive symptoms may not explain much of the variance in HSU. Functioning is worthy of further investigation here.

2) Cohort study set in a NHS mood disorder clinic, Southampton.

Aim:

- To determine the extent to which mental ill health symptoms (HADS; CGI) and functioning (PARADISE-24) are associated with HSU by NHS mood disorder patients over 9 months.

Progress:

- Data collection (in the mood disorder service) is ongoing. It will end in mid 2016. 108 participants will be required.

3) Cohort study using South London & Maudsley NHS Foundation Trust (SLAM) Case Register Interactive Search (CRIS) tool

Aim:

- To determine the extent to which mental ill health symptoms (PHQ-9; CORE-OM), and functioning (HoNOS) are associated with HSU by secondary care mental health patients over 1 year.

Progress:

- Data extraction is underway and the study will be completed by the end of 2015. There will be a large sample size.

Outlook

- The research will inform needs-based and efficient health service planning for people with mental disorders.
- All studies will be submitted to peer-reviewed journals and conferences.