

Purpose

The Institute for Family Health (IFH) was one of the first 'real-world' settings to replicate* IMPACT after the end of the research trial. IFH worked with Fordham University's Ravazzin Center on Aging to evaluate program outcomes and to study factors that influence changes in depression scores.

Methods

The evaluation used data from three, six and 12 month periods after patient enrollment to examine if patient depression scores decreased over time. Medical records for a total of 243 patients were used in the analysis. All patients were 60 years of age or older and had a PHQ-9 score of 10 or higher when they were enrolled in IMPACT. Depression was measured at all time points with the PHQ-9.

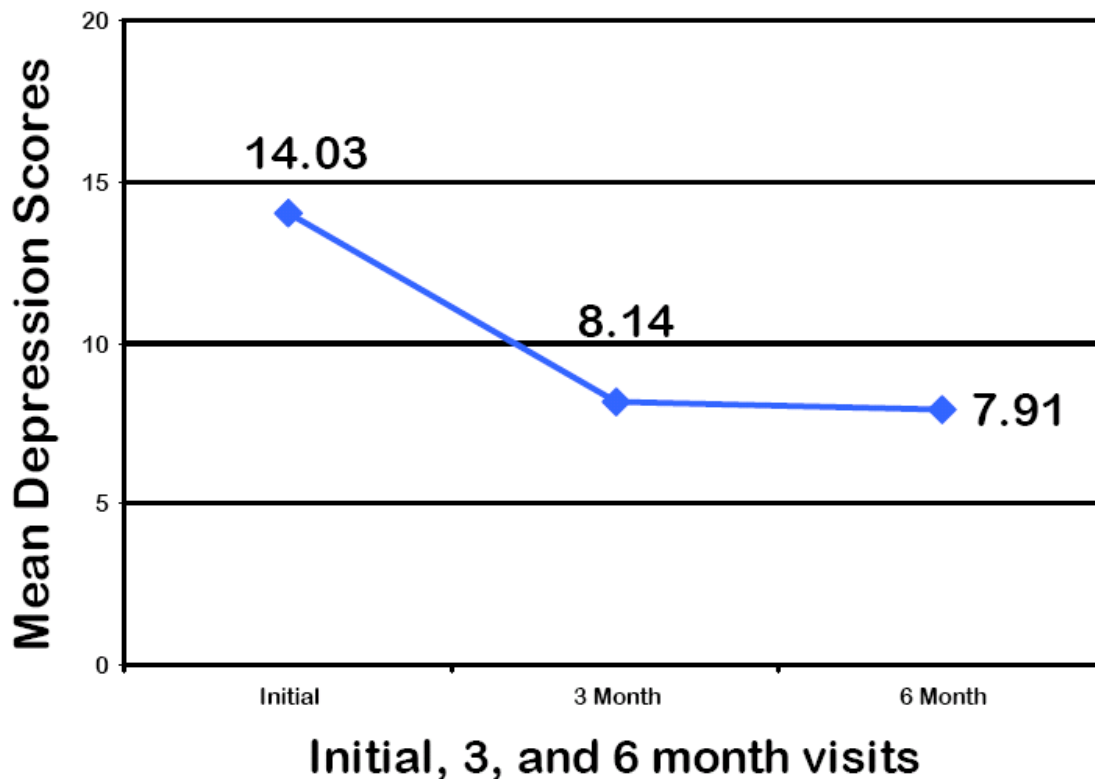
Demographics

The average age of participants was 71.6 years. About half the participants (47.8%) were married; 31% were male and 69% were female. Thirty-eight percent were Latino, 29% African American, 23% Caucasian and 10% Other. One third of the patients had a diagnosis of Type II diabetes in their medical record. Two-thirds has a prior mental health diagnosis and 37% had previously been prescribed psychiatric medication.

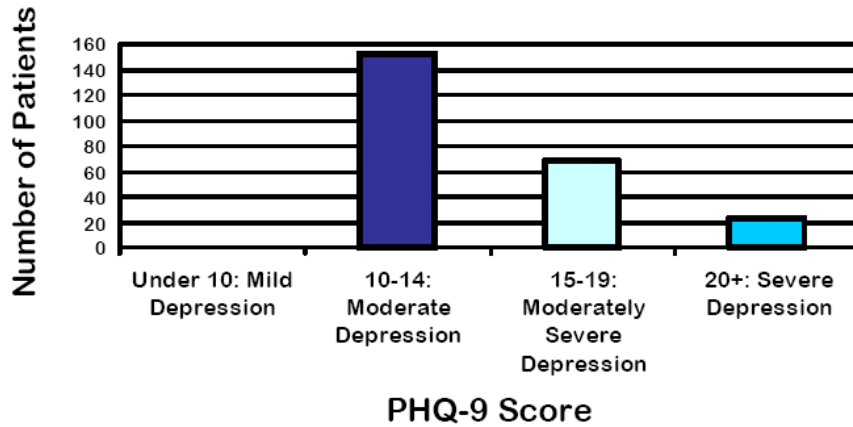
Results

The average initial depression score on the PHQ-9 was 14.03 (SD=3.88). There was a statistically significant drop in depression scores at each of the data points: 3 months ($p<.001$), 6 months ($p<.05$) and 12 months ($p<.05$) based on comparison of each patients' scores to their baseline score. There was also a statistically significant drop in primary care visits between the 3 and 6 month follow-ups.

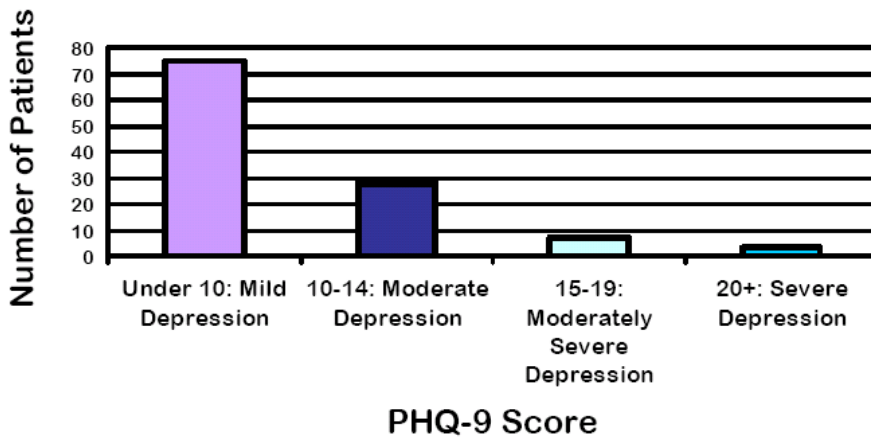
*Implementation supported with funds from the Fan Fox and Leslie R. Samuels Foundation.



Initial PHQ-9 Depression Scores (Mean Score of 14.03)



3 Month PHQ-9 Depression Scores (Mean Score of 8.14)



6 Month PHQ-9 Depression Scores (Mean Score of 7.91)

