

MENTAL HEALTH SCREENING IN PRIMARY CARE: IMPLEMENTATION OF PHQ-9 & GAD-7 IN KLINIK KESIHATAN IN PKD KOTA TINGGI

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ABSTRACT

INTRODUCTION: The notion of depression and anxiety in the community has seen a rise in awareness partly with the introduction of the 'Minda Sihat' programme. Screening tools like the Patient Health Questionnaire (PHQ) and Generalised Anxiety Disorder Scale (GAD) are widely used throughout the world and has been incorporated to said programme. The programme uses a two-tier screening partition utilising the initial brief questionnaires of Whooley & GAD-2 paired with the more focused PHQ-9 & GAD-7 screening if needed. OBJECTIVE: This article evaluates the implementation of PHQ and GAD screening tools in helping trained healthcare workers tackle mental health problems in primary care setting. METHODOLOGY: Descriptive statistical study. A sample of 5159 participants are taken from Minda Sihat screening database under PKD Kota Tinggi from January to July of 2024. RESULTS: 76% (n=3908) of participants are females with majority of them (55%, n=2884) coming from 18-39 age group. 2.38% (n=123) of participants are diagnosed as moderate to severe anxiety based on GAD-7. 4.34% (n=224) of participants are diagnosed as moderate to severe depression based on PHQ-9. 2.1% (n=108) of participants diagnosed both for moderate to severe depression and anxiety. For Question 9 in PHQ-9 questionnaire specifically (a red flag), 3.06% (n=158) of participants notify presence of suicide/self-harm. CONCLUSION: The utilisation of PHQ-9 & GAD-7 in the primary care setting can be relied upon to screen potential mental health patients. It provides a numerical subset of the participants that are affected by depression/anxiety. This helps primary care services to focus and provide the required services to the ones that needs it the most.

Keywords: depression, anxiety, primary care, mental health
