

# mood outcomes



## WHAT IS THE MOOD OUTCOMES PROGRAM?

The aim of the NNDC Mood Outcomes Program is to improve patient care provided to those suffering from mood disorders. Through use of measurement-based care tools and quality improvement programs informed by patient care data at our centers, the NNDC is working to transform the treatment of mood disorders.

### Measurement-Based Care

The electronic patient-reported outcomes (ePRO) web-based system allows patients to directly input four brief self-rated assessments immediately before each clinic visit. Clinicians review these self-assessments during regular visits to monitor patient progress as part of standard clinical care.

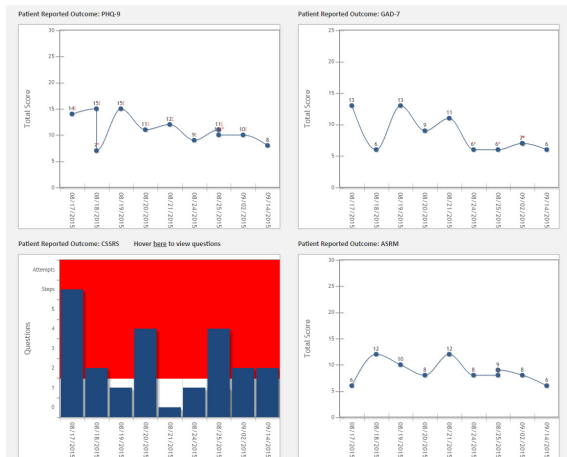
### Mental Health Vital Signs

**PHQ-9** Patient Health Questionnaire  
**ASRM** Altman Self-Rated Mania Scale

**GAD-7** Generalized Anxiety Disorder Assessment  
**C-SSRS** Columbia Suicide Severity Rating Scale

### Clinician Support Tools

The Mood Outcomes Program Clinical Repository includes a patient-level dashboard that displays the self-rating assessments in real time so that clinicians can use this data during their visit with the patient. The Clinical Repository also features reporting tools to help clinicians establish treatment plans that are tailored to the specific needs of their patients.



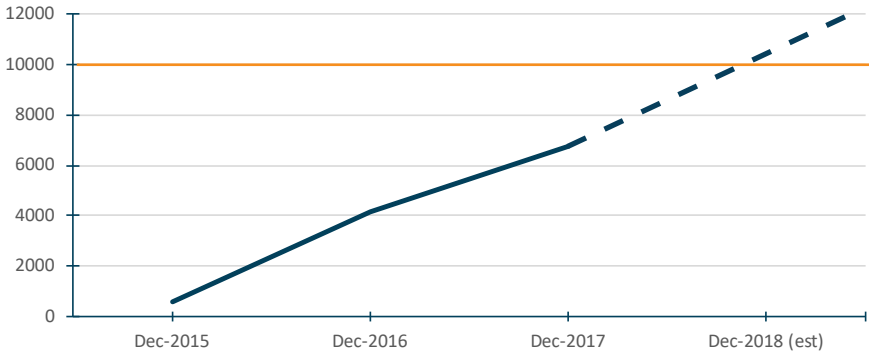
### Quality Improvement Reporting

Reports generated from clinic-wide data indicate the types of patients seen in our clinics, how they are doing as a group over time, and what care management strategies are most effective.

## Research Goals

The Mood Outcomes Program combines clinical support tools with a national comprehensive research database to facilitate large-scale, longitudinal, multi-site studies. These types of studies are needed to identify predictors of risk and resilience that can eventually lead to the development of early intervention and prevention strategies for depression and bipolar disorders. The program is predicted to exceed 10,000 patients under care by the end of 2018, and is expected to reach 25,000 patients or more within the next several years.

NNDC Mood Outcomes  
Patient Enrollment



## Who Can Participate?

NNDC Member Centers are leading the effort to build the Mood Outcomes Program into a robust clinical program and patient database to transform patient care and improve quality. All patients 13 years or older who have been diagnosed with a mood disorder, including depression and bipolar disorder, and are being cared for at one of the participating NNDC Member clinics may be included in the program.

## Organizational Partners

The Mood Outcomes Program is administered by the National Network of Depression Centers, a 501(c)(3) nonprofit research consortium comprised of leading depression centers around the country. NNDC Members are dedicated to advancing research, treatment, and education regarding depressions and bipolar disorders through comprehensive, multidisciplinary collaboration and national-scale networking of resources.

The NNDC has partnered with Altarum Institute to design and develop the KnowledgeBase system that supports the Mood Outcomes Program. Altarum is a Michigan-based nonprofit whose mission is to serve the public good by solving complex systems problems to improve human health, integrating research, technology, analysis, and consulting skills.

The NNDC has also partnered with Epic Systems, one of the nation's largest electronic health record (EHR) providers, to integrate the Mood Outcomes Program directly within the EHR to facilitate clinic workflow and encourage rapid, wide-spread uptake of the program.