



The Mood Assessment Program (MAP)

Do you treat patients with mood disorders?

A world first assessment and diagnostic program for depression and bipolar disorder is now available.

Introduction & history:

The MAP is a computerised assessment and diagnostic tool for mood disorders. It incorporates nearly a quarter of a century of sophisticated clinical expertise in assessment, diagnosis and management planning for people with mood disorders (both depressive and bipolar disorders). It has the potential to provide clinicians with the know-how of highly skilled mood disorders specialists.

In 2002 the Black Dog Institute, led by Professor Gordon Parker, conceived the MAP as a computerised assessment program that would capture the consolidated clinical expertise and decision making of clinical research psychiatrists who had worked at the Mood Disorders Unit (now part of the Black Dog Institute) since 1983.

How does the MAP work?

A patient with a mood disorder spends approximately one hour entering information into a computer program at a MAP Centre. The data is transferred to the Black Dog Institute where a computer prepares a comprehensive report which is mailed to the referring clinician the next working day following patient assessment.

The report contains a wealth of information including important diagnostic probability decisions. For example, does the person have unipolar depression or bipolar disorder and is the condition a melancholic depression or not? Lifetime and current anxiety disorders (conditions that commonly drive secondary depression) are screened and recorded. Depression severity and clinical features are identified. Previous treatments (and their helpfulness and/or need to cease because of side-effects) are recorded in the report, as are general health risk factors, at-risk family history and developmental factors. The report finishes with a set of treatment suggestions to assist the referring clinician with further management.

The MAP report provides sophisticated information to referring clinicians that otherwise could only be provided by a highly skilled mood disorders specialist. The information is presented in a format that can be readily used to assist in formulating a management plan specific to each individual patient.

The general procedure is for the referring clinician to screen their patient to confirm:

- The patient is suspected to have a mood disorder or has been previously diagnosed with a mood disorder
- The patient is over the age of 18
- The patient would be able to use a computer to answer a questionnaire and
- The patient would be able to concentrate for up to an hour

Continued over

The clinician then provides a referral and patient information sheet to the patient and the patient makes an appointment to undertake a MAP assessment.

The working day following the patient's MAP assessment a comprehensive report is sent to the referring clinician. At this stage of the pilot the report is only available in hard copy (i.e. the report is not yet available electronically).

In a follow-up consultation the referring clinician is able to use the information in the MAP report to develop a management plan with the patient. The richness of the information contained in the MAP report can also assist in the construction of a Mental Health Care Plan / Formulation.

Cost

This service is free of charge to both the patient and referring clinician.

MAP Centres to open across NSW:

The Black Dog Institute has received a grant from NSW Health to pilot the MAP at a number of sites across NSW. The first MAP Centre opened in Randwick at the end of October 2007 and further sites are opening across the state.

Registration as a MAP referrer:

It is essential to register to be able to refer patients to undertake a MAP assessment. Registration is open to GPs, psychiatrists and psychologists and is free of charge. To register simply complete the attached registration form and fax it to the number provided. On receipt of your registration formal acknowledgement and a referral kit will be sent to you. Please note that the MAP is not a screening tool or crisis intervention tool.

Positive impacts of the MAP rollout:

Whilst computerised assessment programs are common in general medicine there is no other assessment and diagnostic program like the MAP anywhere in the world. The introduction of the MAP in New South Wales has the potential to advance sophisticated assessment and management of patients with mood disorders.

Prevalence of mood disorders is high and their detection, particularly Bipolar II Disorder, is poor. The average interval between onset of bipolar disorder and diagnosis is an unsatisfactory 15-20 years in Australia. The suicide rate in Bipolar I and Bipolar II is equivalent at approximately 15%¹ – the highest rate of suicide associated with any psychiatric disorder, even exceeding that for schizophrenia. Hence, earlier detection, diagnosis and treatment are vital.

Rollout of the MAP will make a comprehensive assessment and diagnostic tool available to clinicians treating patients with mood disorders. The unique ability of the MAP to determine which sub-type of depression is present (including bipolar) will aid the timely detection, diagnosis and treatment of depression and bipolar disorder.

Further information:

Should you have any questions or enquiries about the MAP please email Wendy Williamson at w.williamson@unsw.edu.au or telephone the MAP Project Team on (02) 9382 3707.

¹ Access Economics and SANE Australia. Bipolar disorder: costs. An analysis of the burden of bipolar and related suicide in Australia. Melbourne: SANE Australia, 2003.

**Please fax completed
form to (02)9382 9265**

BLACK DOG INSTITUTE



Mood Assessment Program (MAP) Health Practitioner Registration

One form should be completed for each location and each provider number
PLEASE USE BLOCK LETTERS AND BLACK OR BLUE PEN

I wish to register as a Health Practitioner referring patients to undertake MAP assessments.

Name: _____ M / F
Title: _____ Given name: _____ Family name: _____ Suffix: _____ Gender: _____

Field:(Circle): General Practitioner Psychiatrist Psychologist Other (Please state): _____

Practice Name: _____

Address: _____

_____ Postcode: _____

Address where MAP report should be sent (if different to above): _____

_____ Postcode: _____

Special Postal Instructions (if required): _____

Provider Number: _____ Psychologist registration number: _____

A separate form should be completed for each provider number and location

Psychologists should provide both Provider and Registration numbers

Telephone Number: _____ Fax: _____

Email: _____

I do/do not wish to receive quarterly newsletters from the Black Dog Institute. (Newsletters are sent electronically on a quarterly basis and provide information about the latest developments in the treatment of depression and bipolar disorder and news about training courses and research).

Black Dog Institute Hospital Road Randwick NSW 2031
Website www.blackdoginstitute.org.au ABN 12 115 954 197 Supported by NSW Health

Privacy:
Information provided to the Black Dog Institute will not be sold or traded to any other person under any circumstances

BDI use only: Clinician I.D: _____

Date: _____

Set up by: _____