

Appendix D: Measurement of Functional Change in Depressed and/or Anxious Patients

Depression

For parents or the adolescent to determine the status of **depression** it is important to measure and document change in symptoms as well as to measure changes in functional behaviour.

To measure change in functional behaviors in depression, consider measuring frequency or amount of activities such as:

- School or job attendance
- Social activity (e.g., phoning friends, sleepovers with friends, going to movies or the mall with friends)
- Getting up on time, showering and getting ready for the day
- Number of household chores accomplished
- Homework tasks accomplished
- Time spent talking to family members
- Attendance in planned extracurricular activities (e.g., sport, clubs, music)

Depressed youth can count, on a weekly basis, three or four types of activity that are particularly important to them (perhaps have a parent verify). These can be used to gauge progress in overcoming depression.

Anxiety

Functional measurement of change in an anxiety disorder involves:

- (a) Estimating the degree of behavioural avoidance of a feared object, place or situation (this could be both “how much” and “how often”); and
- (b) Estimating the degree of worry or preoccupation the child or youth has about the source of their anxiety on a 10 point scale (from “none”=1 and “most ever”=10).

To estimate change, compare these measures over time.