

**COUNTY OF LOS ANGELES – DEPARTMENT OF MENTAL HEALTH  
PROGRAM SUPPORT BUREAU – MHSA IMPLEMENTATION AND OUTCOMES DIVISION**



WELLNESS • RECOVERY • RESILIENCE

**Prevention & Early Intervention: Group Cognitive Behavioral Therapy for Major Depression  
Countywide Aggregate Practice Outcomes Dashboard Report**

**Outcome Data Submission through July 23, 2013**

**Participating Legal Entities Include:**

Didi Hirsch	Hollywood MHC
Special Services for Groups	Long Beach API Family MHC
<b>LA County Dept of Mental Health:</b>	Long Beach MHS Adult
Arcadia MHS	Northeast MHC
Coastal API Family MHC	San Pedro MHC
Downtown MHC	South Bay MHC
Harbor UCLA	West Central Family MHS

**Agencies submitting outcomes that are not approved to provide Group CBT for Major Depression by PEI Administration:**

Tarzana Treatment Centers Inc.
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# of Clients Claimed to Practice	# of Clients Entered into PEI OMA	# of Tx Cycles in PEI OMA	Clients with Multiple Tx Cycles	Clients Completing Tx	Clients Dropping-Out of Tx
1026	49.71%	522	2.35%	22.80%	32.18%
n=	510	n=	12	119	168

Note 1: Clients Claimed was based on Group CBT being selected as the EBP in a PEI Plan and having  $\geq 1$  core services claimed to the practice starting July 1, 2011.

Note 2: Number of clients Completing Tx or Dropping-Out of Tx was determined by whether the EBP was said to be completed (e.g. answered “yes” or “no”) in the PEI OMA.

Total Number of Clients	Age	Gender			Ethnicity					Primary Language		
	Average	Female	Male	Unknown	African-American	Asian / Pacific Islander	Caucasian	Hispanic / Latino	Other	English	Spanish	Other
510	41	63.73%	36.08%	0.20%	21.76%	4.31%	27.84%	39.61%	6.47%	79.61%	14.51%	5.88%
n=		325	184	1	111	22	142	202	33	406	74	30

Note1: Age is calculated at the date of the first EBP.

Note2: Percentages may not total 100 due to missing data and/or rounding.

Total Treatment Cycles	Major Depressive Disorder, Recurrent, Moderate	Depressive Disorder NOS	Major Depressive Disorder, Rec., Severe W/O Psychotic Features	Mood Disorder NOS	Major Depressive Disorder, Single Episode, Moderate	Other
522	15.90%	14.37%	13.98%	6.13%	5.75%	43.87%
n=	83	75	73	32	30	229

Table 4: Program Process Data - Clients Who Entered Group CBT			
Outcome Measures Administered	Pre-Test with Scores	Post-test with Scores	Clients Who Completed both a Pre and Post Measure with Scores
Patient Health Questionnaire (PHQ-9)	86.37%	51.02%	24.05%
n=	431	125	120
Ackn=	499	245	499
Youth Outcome Questionnaire – Self Report – 2.0 (YOQ-SR)	0.00%	0.00%	0.00%
n=	0	0	0
Ackn=	2	2	2
Outcome Questionnaire - 45.2	82.43%	42.39%	19.04%
n=	394	103	91
Ackn=	478	243	478

Note 1: Number of acknowledged measures (Ackn=) is determined by the number of required measures that receive a score or an unable to collect reason code.

Note 2: The % indicated for Pre-test with scores, Post-test with scores, and both a Pre- and Post-test with scores is calculated by dividing the (n=#) by the number acknowledged (Ackn=#) in the PEI OMA system for each measure. The number acknowledged (Ackn=#) for those with Pre and Post scores is an estimate based on the greatest number of matches that could be expected given the number of Pre scores acknowledged.

Table 5a. Top Reasons Given for "Unable to Collect"								
Patient Health Questionnaire (PHQ-9)	Total Pre 68		Outcome measure unavailable	Client unavailable	Lost contact with client	Administration date exceeds acceptable range	Clinician not trained in outcome measure	Other Reasons
		percent	44.12%	13.24%	10.29%	8.82%	7.35%	16.18%
		n	30	9	7	6	5	11
	Total Post 120		Premature termination	Client unavailable	Outcome measure unavailable	Administration date exceeds acceptable range	Lost contact with client	Other Reasons
		percent	40.00%	25.00%	13.33%	10.00%	9.17%	2.50%
		n	48	30	16	12	11	3

Table 5b. Top Reasons Given for "Unable to Collect"					
Youth Outcome Questionnaire Self Report – 2.0 (YOQ-SR)	Total Pre 2		Administered wrong forms		
		Percent	100.00%		
		n	2		
	Total Post 2		Client unavailable	Premature termination	
		Percent	50.00%	50.00%	
		n	1	1	

Outcome Questionnaire - 45.2	Total Pre 84		Clinician not trained in outcome measure	Client unavailable	Client refused	Administration date exceeds acceptable range	Outcome measure unavailable	Other Reasons
		percent	32.14%	17.86%	11.90%	11.90%	10.71%	15.48%
		n	27	15	10	10	9	13
	Total Post 140		Premature termination	Client unavailable	Lost contact with client	Administration date exceeds acceptable range	Outcome measure unavailable	Other Reasons
		percent	44.29%	22.86%	12.86%	11.43%	3.57%	5.00%
		n	62	32	18	16	5	7

Total Treatment Cycles 119	Average Length of Treatment in Weeks	Range of Treatment Weeks		Average Number of Sessions	Range of Sessions	
		Min	Max		Min	Max
	18	2	44	13	1	28

Note: Completed Group CBT is defined as having a 'yes' for completion indicated in the PEI OMA.

<b>Table 7a. Outcome Data* – Clients who Completed Group CBT</b>					
		<b>Percent Improvement from Pre to Post</b>	<b>Percent of Clients Showing Reliable Change* from Pre-Group CBT to Post-Group CBT</b>		
			<b>Positive Change</b>	<b>No change</b>	<b>Negative Change</b>
<b>Patient Health Questionnaire (PHQ-9)</b>	<b>TOTAL</b>	34.62% (n=86)	38.37%	59.30%	2.33%
			33	51	2
<b>Outcome Questionnaire – 45.2*</b>	<b>TOTAL</b>	20.43% (n=81)	43.21%	50.62%	6.17%
			35	41	5

Please see Appendix for a description of the Group CBT outcome measures and the outcome indicators (percent improvement in average scores; and, percent of clients showing reliable change).

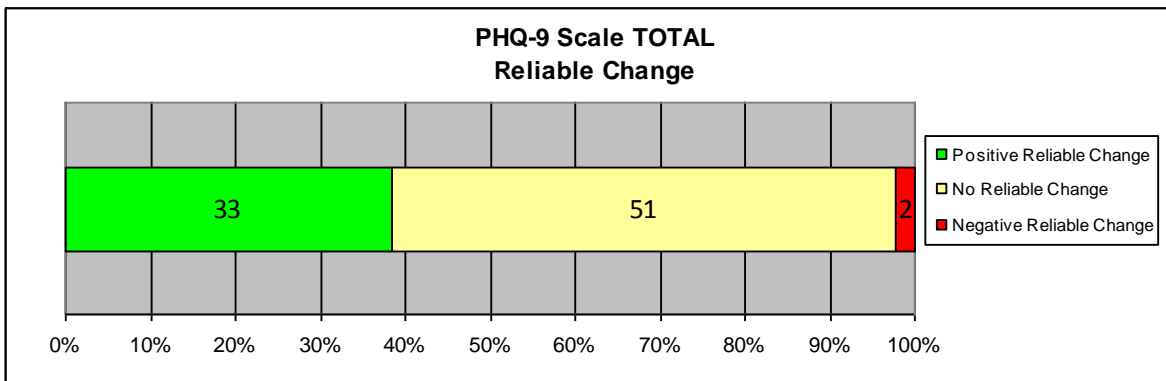
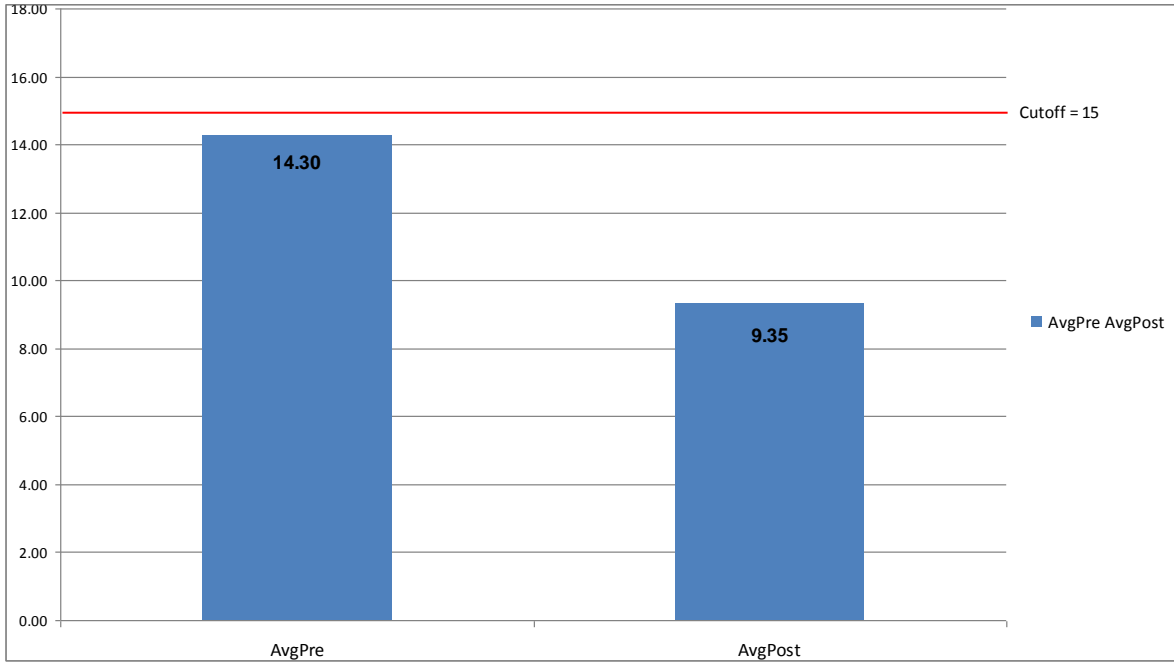
Note 1: Possible PHQ-9 scores range from 0-27, with a clinical cutpoint of 15.

Note 2: Possible OQ-45.2 Total Scores ranges from 0-180, with a clinical cutpoint of 63.

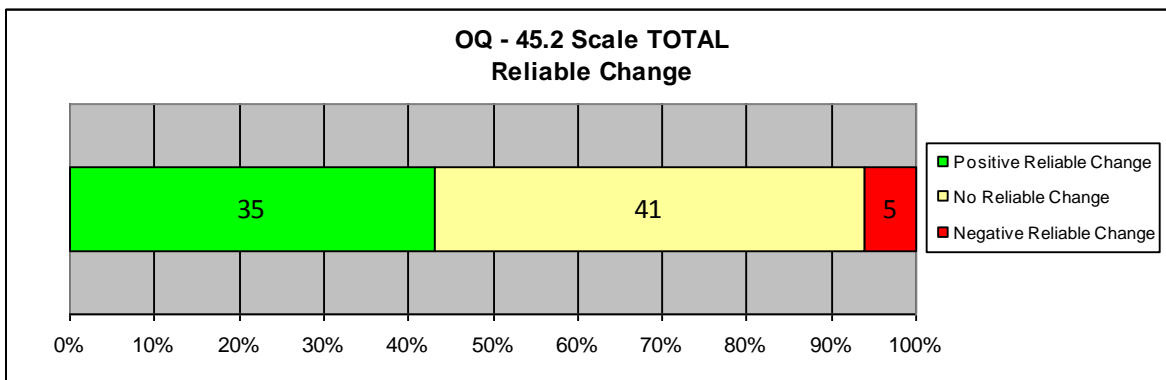
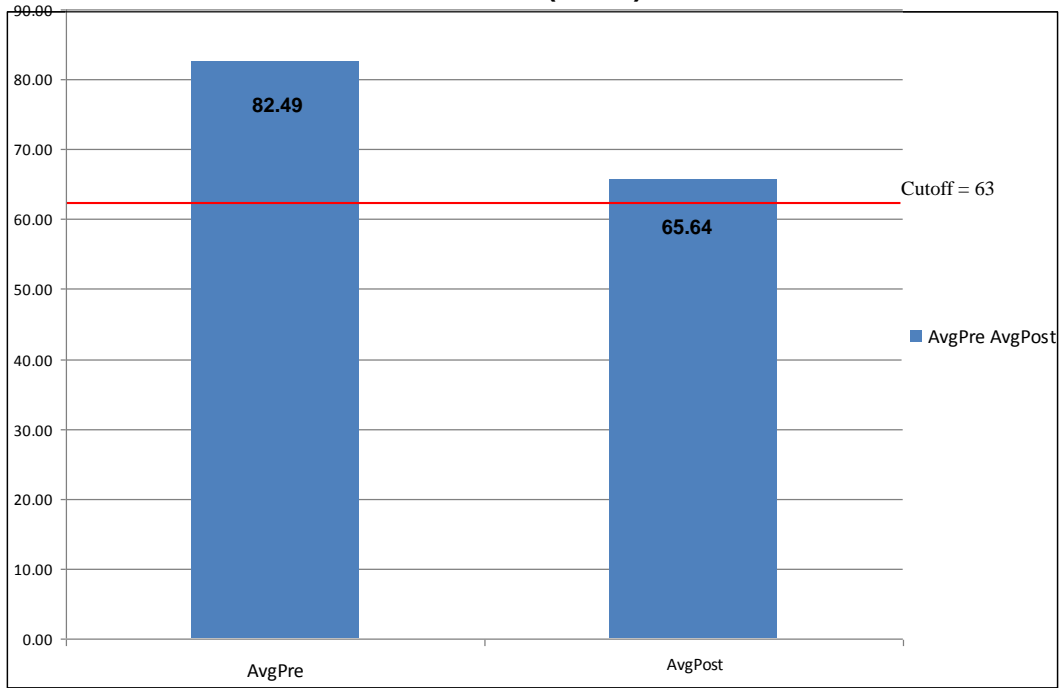
Note 3: Aggregate outcome data based on fewer than 20 clients are not reported.

Note 4: Positive Change indicates that the scores decreased from the pre to the post measures.

### Patient Health Questionnaire (PHQ-9) (N=86)



**Outcome Questionnaire – 45.2 Total  
(N=81)**





## Appendix

### Youth Outcomes Questionnaires (YOQ and YOQ-SR)

The Youth Outcome Questionnaire is a 64-item parent-report that assesses global distress in a child's/adolescent's life from 4-17 years of age. The YOQ-SR is the Self-report version of the YOQ and is completed by the child/adolescent him or herself. Total scores on both measures can range from (-16) to 240. Total scores of 46 or higher are most similar to a clinical population on the YOQ. A total score of 47 is most similar to that of a clinical population on the YOQ-SR.

### Outcomes Questionnaires (OQ)

The Outcome Questionnaire is a 45-item self-report questionnaire that assesses global distress in a client's life from ages 19 and older. Total Scores on this measure can range from 0 to 180, with scores of 63 or higher indicating clinical significance.

### PHQ-9

The Patient Health Questionnaire-9 (PHQ-9) is a specific outcome measure for clients participating in treatment focused on depression. This 9-item self-report measure for clients ages 12 and older assesses the overall frequency/severity of depressive symptoms experienced during the prior two weeks. Possible Total PHQ-9 scores range from 0-27, with scores of 15 or higher indicating moderately severe to severe depression.

### Reliable Change Index

When comparing Pre and Post scores, it is very helpful to know whether the change reported represents the real effects of the treatment or errors in the system of measurement. The Reliability of Change Index (RCI) is a statistical way of helping to insure that the change recorded between pre and post assessments exceeds that which would be expected on the basis of measurement error alone. The RCI has been calculated using the Jacobson and Truax (1991) method and indicates when change exceeds that which would be expected on the basis of error at the  $p < .05$  probability level. For a more in-Depth discussion of Reliability of Change see Jacobson, N. S., & Truax, P. (1991). Clinical Significance: A statistical approach to defining meaningful change in psychotherapy research. *Journal of Consulting and Clinical Psychology*, 59, 12-19. Also see Wise, E. A. (2004). Methods for analyzing psychotherapy outcomes: A review of clinical significance, reliable change, and recommendations for future directions. *Journal of Personality Assessment*, 82(1), 50-59.

The number and percent of clients experiencing positive change, no change and negative change are recorded in table 7. Healthful change in each of the measures cited here means that scores have decreased in value from pre to post test administrations (i.e. recorded a negative change on the RCI). To help avoid confusion, healthful reliable change is presented as positive while unhealthful reliable change is presented as negative change.