

MINDFUL: Validation study

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Mindful's Members

- **France**

- **Pr. Viviane Kovess** from *"la Fondation MGEN pour la Santé Publique"*
- **Ondine Pez** from *"la Fondation MGEN pour la Santé Publique"*

- **Romania**

- **Pr. Bogdana Tudorache** from *« the Romanian League for Mental Health »*,

- **Italy**

- **Pr. Mauro Carta** from *Universita del mediterraneo, Cagliari*

- **Spain**

- **Pr. Raimundo Mateos** from *Unidad de Psicogeriatría, Hospital Psiquiátrico de Conxo, Santiago de Compostela*

- **Belgium**

- **Pr. France Kittel** from *Ecole de Santé Publique-ULB*

- **England**

- **Pr. Martin Prince** from *King's College of London*

Protocole

- **Around 120 participants interviews by centres.**
- **population in GP's consultations**
- **GHQ-12 cut-off point:**
 - **≥ 3 : CASE**
 - **≤ 2 : NONCASE**
- **After the 60 first cases, stratification on cases/non cases (GHQ+/-), sex and age should be checked out (to approach the general population purcentages)**

Instruments for the Diagnostic

- **CIS-R:**

(Diagnosis: the past month)

- **Depressive episode**
- **Generalised Anxiety Disorder**
- **Agoraphobia**
- **Social Phobia**
- **Specific Phobia**
- **Panic disorder**
- **Obsessive Compulsive Disorder**

- **CIDI-SF**

- **A: Major Depression Episode (12 last months)**
- **B: Generalized Anxiety Disorder (12 last months)**
- **C: Specific Phobia (Lifetime)**
- **D: Social Phobia (Lifetime)**
- **E: Agoraphobia (Lifetime)**
- **F: Panic Attack (Lifetime)**
- **I: Obsessive Compulsive disorder (12 last months)**

- **SCID-I (Gold Standard)**

- **Module A: mood Episodes**

- Major depressive Episode (Current/past)
- Dysthymic disorder (lifetime)
- Mood disorder due to a GMC (Current/past)

- **Module F: anxiety disorders**

(diagnosis : lifetime and current)

- **Panic disorder (w/wo agoraphobia)**
- **Agoraphobia (wo panic disorder)**
- **Social phobia**
- **Specific phobia**
- **Obsessive-compulsive disorder**
- **Posttraumatic stress disorder**
- **Generalized Anxiety disorder (current only)**
- **Anxiety disorder due to General Medical Condition**
- **Anxiety not otherwise specified**

Other Scales

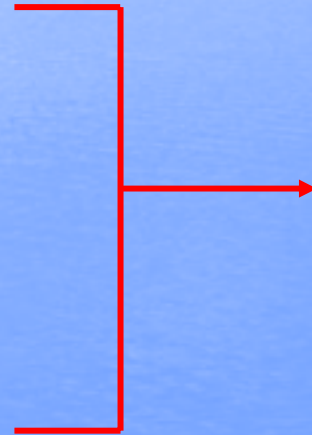
- **SOCIO-DEMOGRAPHIC CHARACTERISTICS:**
 - Age
 - Sex
 - Marital status
 - Professional status
 - Members and age of members of the household
- **GHQ-12**
 - Case $>$ or $=$ 3
- **SENSE OF MASTERY – 7 items**
- **3 sub-scales of SF36:**
 - ENERGY (5 MHI5 items)
 - VITALITY (7 VITAL items)
 - Emotional Problems
- **Suicidal attempts measure from the CIDI**

Actual situation

Numbers of interviews:

- Italy: 120
- Romania: 119
- Spain: 120
- Belgium: 30

- France: 100 (150 will be completed for the 10th June)



539 to be completed

268 entered and analysed

489 completed

Depressive disorders*

BELGIUM

	CIDI-SF vs CURRENT SCID				CIS-R vs CURRENT SCID				CIDI-SF vs LIFETIME SCID			
	Kappa	Err star	IC inféri	IC supé	Kappa	Err star	IC inféri	IC supé	Kappa	Err star	IC inféri	IC supé
Major depressive episod	0,44	0,22	0,02	0,866	-0,09	0,04	-0,49	0,626	0,36	0,22	-0,07	0,788
Mild												
Moderate	-0,03	0,02	-0,08	0,013	-0,05	0,03	-0,27	0,786	-0,03	0,02	-0,08	0,013
Severe												

ITALIA

	CIDI-SF vs CURRENT SCID				CIS-R vs CURRENT SCID				CIDI-SF vs LIFETIME SCID			
	Kappa	Err star	IC inféri	IC supé	Kappa	Err star	IC inféri	IC supé	Kappa	Err star	IC inféri	IC supé
Major depressive episod	0,46	0,13	0,21	0,707	0,44	0,15	0,15	0,733	0,50	0,12	0,27	0,723
Mild												
Moderate												
Severe	0,31	0,18	-0,04	0,651	0,80	0,20	0,41	1,186	0,31	0,18	-0,04	0,651

ROMANIA

	CIDI-SF vs CURRENT SCID				CIS-R vs CURRENT SCID				CIDI-SF vs LIFETIME SCID			
	Kappa	Err star	IC inféri	IC supé	Kappa	Err star	IC inféri	IC supé	Kappa	Err star	IC inféri	IC supé
Major depressive episod	0,34	0,17	0,00	0,671	0,11	0,15	-0,19	0,399	0,21	0,14	-0,07	0,485
Mild												
Moderate	0,32	0,24	-0,16	0,795					0,32	0,24	-0,16	0,795
Severe	-0,05	0,02	-0,08	-0,010					-0,05	0,02	-0,08	-0,010

* Spain excluded : problems with data entry

Phobias*

BELGIUM 30

	CIDI-SF vs CURRENT SCID				CIS-R vs CURRENT SCID				CIDI-SF vs LIFETIME SCID			
	OR	95% CI	OR	95% CI	OR	95% CI	OR	95% CI	OR	95% CI	OR	95% CI
Social phobia	-0,06	0,05	-0,16	0,041					-0,11	0,06	-0,22	0,006
Specific phobia	0,47	0,31	-0,13	1,073					0,47	0,31	-0,13	1,073
Agoraphobia without his	-0,06	0,05	-0,15	0,035					-0,06	0,05	-0,15	0,035
Any phobia	0,20	0,18	-0,14	0,548					0,13	0,18	-0,22	0,485

ITALIA 120

	CIDI-SF vs CURRENT SCID				CIS-R vs CURRENT SCID				CIDI-SF vs LIFETIME SCID			
	OR	95% CI	OR	95% CI	OR	95% CI	OR	95% CI	OR	95% CI	OR	95% CI
Social phobia	0,76	0,14	0,49	1,022	0,49	0,22	0,06	0,911	0,64	0,15	0,36	0,934
Specific phobia	0,57	0,11	0,36	0,784					0,69	0,09	0,51	0,868
Agoraphobia without his	0,43	0,21	0,03	0,832					0,38	0,20	-0,01	0,766
Any phobia	0,59	0,09	0,41	0,765	0,18	0,11	-0,04	0,388	0,65	0,08	0,48	0,810

ROMANIA 78

	CIDI-SF vs CURRENT SCID				CIS-R vs CURRENT SCID				CIDI-SF vs LIFETIME SCID			
	OR	95% CI	OR	95% CI	OR	95% CI	OR	95% CI	OR	95% CI	OR	95% CI
Social phobia	-0,02	0,01	-0,04	0,007					0,49	0,31	-0,11	1,090
Specific phobia	0,50	0,15	0,20	0,798	0,16	0,14	-0,12	0,443	0,37	0,14	0,09	0,650
Agoraphobia without his	-0,02	0,02	-0,06	0,016	-0,02	0,02	-0,05	0,013	-0,04	0,02	-0,08	0,003
Any phobia	0,54	0,13	0,28	0,806	0,31	0,16	0,00	0,626	0,54	0,12	0,30	0,775

* Spain excluded : problems with data entry

Anxiety disorders (expt phobias)*

BELGIUM

	CIDI-SF vs CURRENT SCID				CIS-R vs CURRENT SCID				CIDI-SF vs LIFETIME SCID No LT diagnosis for SCID			
General anxiety disorder												
Panic attack / disorder (CIS-R)									-0,07	0,04	-0,14	-0,002
Obsessive-compulsive disorder												
Any anxiety	0,17	0,15	-0,13	0,475	0,37	0,27	-0,16	0,892	0,10	0,16	-0,21	0,421

ITALIA

	CIDI-SF vs CURRENT SCID				CIS-R vs CURRENT SCID				CIDI-SF vs LIFETIME SCID No LT diagnosis for SCID			
General anxiety	0,79	0,09	0,61	0,968	0,49	0,12	0,25	0,729				
Panic attack / d	0,37	0,20	-0,02	0,769	0,32	0,24	-0,16	0,804	0,27	0,14	0,00	0,543
Obsessive-com	0,53	0,19	0,16	0,888					0,47	0,18	0,12	0,832
Any anxiety	0,62	0,08	0,46	0,770	0,34	0,10	0,14	0,530	0,57	0,08	0,42	0,727

ROMANIA

	CIDI-SF vs CURRENT SCID				CIS-R vs CURRENT SCID				CIDI-SF vs LIFETIME SCID			
General anxiety	-0,05	0,03	-0,11	0,012	-0,04	0,02	-0,09	0,005				
Panic attack / disorder (CIS-R)												
Obsessive-compulsive disorder									-0,04	0,02	-0,07	0,000
Any anxiety	0,53	0,11	0,31	0,745	0,33	0,12	0,09	0,570	0,48	0,10	0,28	0,679

* Spain excluded : problems with data entry

Any disorders*

	CIDI-SF vs CURRENT SCID				CIS-R vs CURRENT SCID				CIDI-SF vs LIFETIME SCID			
	Kappa	Err sta	IC infé	IC supé	Kappa	Err sta	IC infé	IC sup	Kappa	Err sta	IC infé	IC supérieur
Belgium 30	0,25	0,16	-0,06	0,570	0,10	0,20	-0,28	0,489	0,25	0,16	-0,06	0,570
Italy 120	0,56	0,08	0,40	0,719	0,40	0,09	0,22	0,577	0,53	0,08	0,38	0,682
Rumania 78	0,43	0,10	0,24	0,628	0,30	0,12	0,06	0,545	0,43	0,10	0,24	0,628

* Spain excluded : problems with data entry

GHQ - 12

GHQ superior or egal to 3*

	GHQ -		GHQ +	
	Number	%	Number	%
Belgium	15	51,7	14	48,3
Italy	70	58,3	50	41,7
Roumanie	40	51,3	38	48,7
Spain	22	55	18	45
total	147	55,1	120	44,9

***Munoz Rodriguez, 1995.**

***Hardy, Shapiro, Haynes and Rick, 1999.**

Diagnostic Depression CIDI-SF compared to GHQ-12, MH5, VT4

diagnostic Depression CIDI-SF by sum of GHQ, MH5, VT4 and by country

	N	GHQ		MH5		VT4	
		mean	SD	mean	SD	mean	SD
Belgium	6	9,83	2,56	76	16	25	20,49
Italy	14	6,15	4,47	61,71	20,62	33,57	21,16
Roumanie	7	6	3,61	58,29	10,29	37,86	18,89
Spain	12	5,42	3,63	52	24,18	32,92	28,96
total	39	6,46	3,97	60,31	20,67	32,82	22,85
		Sign.	p 0,147	Sign.	p 0,134	Sign.	p 0,801

Diagnostic CIS-R Depression Compared to GHQ-12, MH5 and VT4

diagnostic CIS-R Depression by sum of GHQ, MH5, VT4 and by country

	N	GHQ		MH5		VT4	
		mean	SD	mean	SD	mean	SD
Belgium	3	11,33	0,58	84	6,93	16,67	17,56
Italy	4	8,25	3,1	72	12,65	23,75	16,52
Roumanie	4	9,25	6	69	13,21	32,5	16,58
Spain	1	6	.	60	.	30	.
total	12	9,17	2,79	73	12,43	25,42	15,73
		Sign.	p 0,351	Sign.	p 0,298	Sign.	p 0,665

Diagnostic Depression SCID- Depression compared to GHQ-12, MH5, VT4

diagnostic SCID-Depression by sum of GHQ, MH5, VT4 and by country

	N	GHQ		MH5		VT4	
		mean	SD	mean	SD	mean	SD
Belgium	2	10	1,41	64	22,63	27,5	10,61
Italy	13	6,08	3,77	58,46	19,43	37,69	18,78
Roumanie	8	8,75	2,31	65	8,75	22,5	16,48
Spain	,	,	,	,	,	,	,
total	23	7,35	3,45	61,22	16,25	31,52	18,37
		Sign.	p 0,115	Sign.	p 0,669	Sign.	p 0,177

Diagnostic Depression SCID- Lifetime Depression compared to GHQ-12, MH5, VT4

diagnostic SCID LIFETIME -Depression by sum of GHQ, MH5, VT4 and by country

	N	GHQ		MH5		VT4	
		mean	SD	mean	SD	mean	SD
Belgium	3	8	3,61	57,33	19,73	41,67	25,66
Italy	18	4,94	3,89	54	20,32	43,61	20,21
Roumanie	13	6,23	3,92	55,69	25,06	35,38	29,54
Spain	,	,	,	,	,	,	,
total	34	5,71	3,88	54,94	21,58	40,29	24,15
		Sign.	p 0,383	Sign.	p 0,960	Sign.	p 0,656

MINDFUL PROJECT: THE PILOT SURVEY

Previous PILOT Study

- Sense of mastery scale
- LOT-R (measure for optimism)
- A. Andrews single item question on happiness, B. SF-36: energy, vitality measure; MHI-5 (Measure of psychological distress in the SF-36)
- Impairment: Role limitation items of the SF-36, question on lost work days
- Oslo 3-item social support scale
- Social isolation scale
- LTE (List of threatening events)
- Major depression episode from the CIDI-SF (Composite International Diagnostic Interview Short Form)
- Suicide attempts measure from the CIDI
- Generalised Anxiety measure from the CIDI-SF (Composite International Diagnostic Interview Short Form)
- CAGE scale (Measure for excessive alcohol use)
- Self-reported use of mental health services from CIDI

Actual Pilot study

- **Socio-demographic characteristics: gender, age, education, family composition**
- **Psychological measures**
 - **Sense of Mastery**
 - **Psychological well-being and distress**
 - **Impairment**
 - **difficulties**
- **CIDI SF**
 - A: Major Depression Episode
 - B: Generalized Anxiety Disorder
 - C: Specific Phobia
 - D: Social Phobia
 - E: Agoraphobia
 - F: Panic Attack
 - I: Obsessive Compulsive disorder
- **Use of care and psychotherapy**
- **ASSIST: Alcohol, Smoking and Substance Involvement Screening Test**
- **Suicide questions from the CIDI**
- **Oslo 3-item social support scale, Social isolation scale (4) and Difficulties**

Phone interview*

- Random dial on fixed phone
- More than 15 calls (to have the subject)
- From 2 to 9 pm plus Saturday morning 9 to 15 (to decide with the Company and the cultural habits)
- 300-400 successful interviews (means that the subject has answered to the questionnaires)
- specific Software appropriated to that kind of study
- Monitoring the quality of the interviews
- Possibility to listen in real time some interviews' conversations.

*except for UK face to face

Pilot survey state of completion

	Expected	
Belgium	300	To complete at the 14th of June
Italy	400	To complete at the 14th of June
Romania	600	To complete at the 14th of June
Spain	400	To complete at the 14th of June
UK	300	To complete at the 14th of June
total	2 000	