

# APPENDIX A: ASSESSMENT OF DISORDERS – ADDITIONAL DETAIL

## Contents

For most of the conditions and behaviours covered in this report the definitions and assessments section of the relevant chapter fully describes the assessment variables and process. Additional details are provided in this Appendix for three chapters. These are where the number of questions involved in the scoring was too great to list in the substantive chapter or where detailed algorithms were involved.

- A1 Common mental health conditions (Chapter 1)**
- A2 Alcohol misuse and dependence (Chapter 5)**
- A3 Personality disorder (Chapter 8)**

## A1 Common mental health conditions

The process of assessment of common mental health conditions (CMHC) is given in Section 1.2 of Chapter 1 Common mental health conditions. The information below supplements this description with details of the items and the combinations required for:

- Calculation of Clinical Interview Schedule-Revised (CIS-R) symptom scores
- Calculation of total CIS-R scores
- Algorithms for production of tenth International Classification of Disease (ICD-10) diagnoses, and
- Grouping ICD-10 diagnoses into broad categories.

### A1.1 Calculation of CIS-R symptom scores

*Calculation of symptom score for somatic symptoms*

Score one for each of:

- Noticed ache or pain/discomfort for four days or more in the past seven days.
- Ache or pain/discomfort lasted more than three hours on any day in the past week/on that day.
- Ache or pain/discomfort has been very unpleasant in the past week.
- Ache or pain/discomfort has bothered you when you were doing something interesting in the past week.

*Calculation of symptom score for fatigue*

Score one for each of:

- Felt tired/lacking in energy for four days or more in the past seven days.
- Felt tired for more than three hours in total on any day in past week.
- Felt so tired/lacking in energy that you've had to push yourself to get things done on at least one occasion during the past week.
- Felt tired/lacking in energy when doing things you enjoy or used to enjoy at least once during past week.

*Calculation of symptom score for concentration and forgetfulness*

Score one for each of:

- Noticed problems with concentration/memory for four days or more in the past week.
- Could not always concentrate on a TV programme, read a newspaper article or talk to someone without mind wandering in past week.

- Problems with concentration actually stopped you from getting on with things you used to do or would like to do.
- Forget something important in past seven days.

*Calculation of symptom score for sleep problems (requires problems with getting to sleep and with waking up to both be present)*

Score one for each of:

- Had problems with sleep for four nights or more out of past seven.
- Spent at least a quarter of an hour trying to get to sleep on the night with least sleep in the past week.
- Spent at least one hour trying to get to sleep on the night with the least sleep.
- Spent three or more hours trying to get to sleep on four nights or more in the past week.
- Slept at least for a quarter of an hour longer than usual sleeping on the night you slept longest.
- Slept for one hour or more longer than usual sleeping on the night you slept longest.
- Slept for more than three hours longer than usual on four nights or more in past week.

*Calculation of symptom score for irritability*

Score one for each of:

- Felt irritable or short tempered/angry on four days or more.
- Felt irritable or short tempered/angry for more than one hour on any day in past week.
- Felt so irritable or short tempered/angry that you wanted to shout at someone in past week (even if you hadn't actually shouted).
- Had arguments, rows or quarrels or lost your temper with someone in past seven days and felt it was unjustified on at least one occasion.

*Calculation of symptom score for worry about physical health*

Score one for each of:

- Worried about physical health/serious physical illness on four days or more in past seven days.
- Felt that you had been worrying too much, in view of actual health.
- Worrying had been very unpleasant in past week.
- Not able to take mind off health worries at least once by doing something else in past week.

*Calculation of symptom score for depression*

Score one for each of:

- Unable to enjoy or take an interest in things as much as usual in past week.
- Felt sad, miserable or depressed/unable to enjoy or take an interest in things on four days or more in the past week.
- Felt, sad, miserable or depressed/unable to enjoy or take an interest in things for more than three hours in total on any day in past week.
- When sad, miserable or depressed you did not become happier when something nice happened, or when in company.

*Calculation of symptom score for depressive ideas*

Score one for each of:

- Felt guilty or blamed yourself when things went wrong when it hasn't been your fault at least once in past seven days.
- Felt that you are not as good as other people during past week.
- Felt hopeless, for instance about your future, during the past seven days.
- Felt that life isn't worth living in past week.
- Thought of killing yourself in the past week.

#### *Calculation of symptom score for worry*

Score one for each of:

- Been worrying about things other than physical health on four or more days out of past seven days.
- Have been worrying too much in view of your circumstances.
- Worrying has been very unpleasant in past week.
- Have worried for more than three hours in total on any of past seven days.

#### *Calculation of symptom score for anxiety*

Score one for each of:

- Felt generally anxious/nervous/tense on four or more of past seven days.
- Anxiety/nervousness/tension has been very unpleasant in past week.
- When anxious/nervous/tense, have had one or more of following symptoms:
  - heart racing or pounding;
  - hands sweating or shaking;
  - feeling dizzy;
  - difficulty getting your breath;
  - butterflies in your stomach;
  - dry mouth; or
  - abdominal discomfort or feeling as though you wanted to vomit
  - chest pain
  - numbness or tingling in hands or feet
- Felt anxious/nervous/tense for more than three hours in total in any one of past seven days.

#### *Calculation of symptom score for phobias*

Score one for each of:

- Felt nervous/anxious about (situation/thing) four or more times in past seven days.
- On occasions when felt anxious/nervous/tense, had one or more of the following symptoms:
  - heart racing or pounding;
  - hands sweating or shaking;
  - feeling dizzy;
  - difficulty getting your breath;
  - butterflies in your stomach;
  - dry mouth; or
  - abdominal discomfort or feeling as though you wanted to vomit
  - chest pain
  - numbness or tingling in hands or feet
- Avoided situation or thing because it would have made you anxious/nervous/tense once in past seven days.
- Avoided situation or thing four times or more because it would have made you anxious, nervous or tense.

#### *Calculation of symptom score for panic*

Score one for each of:

- Anxiety or tension got so bad you got in panic (e.g. felt that you might collapse or lose control unless you did something about it) once in past week.
- Anxiety or tension got so bad you got in panic more than once.
- Feelings of panic have been very unpleasant or unbearable in past week.
- This panic/worst of these panics lasted longer than 10 minutes.

### *Calculation of symptom score for compulsions*

Score one for each of:

- Found yourself doing things over again (that you had already done) on four days or more in past week.
- Have tried to stop repeating behaviour/doing these things over again during past week.
- Repeating behaviour/doing these things over again made you upset or annoyed with yourself in past week.
- Repeated behaviour three or more times during past week.

### *Calculation of symptom score for obsessions*

Score one for each of:

- Unpleasant thoughts or ideas kept coming into your mind on four days or more in past week.
- Tried to stop thinking any of these thoughts in past week.
- Became upset or annoyed with yourself when you have had these thoughts in past week.
- Longest episode of having such thoughts was a quarter of an hour or longer.

## **A1.2 Calculation of total CIS-R scores**

The total CIS-R score used in this report was obtained by summing the symptom scores described above. This total score reflects the overall severity of CMHC symptoms and can range from zero to 57. For the presentation of data in this report the scores are grouped into four groups: 0 to 5; 6 to 11; 12 to 17; 18 and over. A score of 12 and over indicates significant levels of symptoms and can be considered the threshold score for assigning an assessment of CMHC. A score of 18 and over suggests a level of symptoms likely to require treatment.

## **A1.3 Algorithms for production of ICD-10 diagnoses**

The common mental health conditions reported in Chapter 1 were also produced from the CIS-R schedule (reproduced as part of the questionnaire in Appendix C).

The production of the six categories of disorder shown in Chapter 1 occurred in two stages: first, the respondents' responses to the CIS-R were used to produce specific ICD-10 diagnoses of neurosis. This was done by applying the algorithms described below. Second, the range of ICD-10 diagnoses were grouped together to produce the six categories used in the calculation of prevalence.

### **F32.00 Mild depressive episode without somatic symptoms**

1. Symptom duration  $\geq 2$  weeks

2. *Two or more from:*

- depressed mood
- loss of interest
- fatigue

3. *Two or three from:*

- reduced concentration
- reduced self-esteem
- ideas of guilt
- pessimism about future
- suicidal ideas or acts
- disturbed sleep
- diminished appetite

4. Social impairment

5. *Fewer than four* from:

- lack of normal pleasure /interest
- loss of normal emotional reactivity
- a.m. waking  $\geq 2$  hours early
- loss of libido
- diurnal variation in mood
- diminished appetite
- loss of  $\geq 5\%$  body weight
- psychomotor agitation
- psychomotor retardation

**F32.01 Mild depressive episode with somatic symptoms**

1. Symptom duration  $\geq 2$  weeks

2. *Two or more* from:

- depressed mood
- loss of interest
- fatigue

3. *Two or three* from:

- reduced concentration
- reduced self-esteem
- ideas of guilt
- pessimism about future
- suicidal ideas or acts
- disturbed sleep
- diminished appetite

4. Social impairment

5. *Four or more* from:

- lack of normal pleasure/interest
- loss of normal emotional reactivity
- a.m. waking  $\geq 2$  hours early
- loss of libido
- diurnal variation in mood
- diminished appetite
- loss of  $\geq 5\%$  body weight
- psychomotor agitation
- psychomotor retardation

**Moderate depressive episode without somatic symptoms**

1. Symptom duration  $\geq 2$  weeks

2. *Two or more* from:

- depressed mood
- loss of interest
- fatigue

3. *Four or more* from:

- reduced concentration

- reduced self-esteem
- ideas of guilt
- pessimism about future
- suicidal ideas or acts
- disturbed sleep
- diminished appetite

4. Social impairment

5. *Fewer than four* from:

- lack of normal pleasure /interest
- loss of normal emotional reactivity
- a.m. waking  $\geq 2$  hours early
- loss of libido
- diurnal variation in mood
- diminished appetite
- loss of  $\geq 5\%$  body weight
- psychomotor agitation
- psychomotor retardation

**F32.11 Moderate depressive episode with somatic symptoms**

1. Symptom duration  $\geq 2$  weeks

2. *Two or more* from:

- depressed mood
- loss of interest
- fatigue

3. *Four or more* from:

- reduced concentration
- reduced self-esteem
- ideas of guilt
- pessimism about future
- suicidal ideas or acts
- disturbed sleep
- diminished appetite

4. Social impairment

5. *Four or more* from:

- lack of normal pleasure /interest
- loss of normal emotional reactivity
- a.m. waking  $\geq 2$  hours early
- loss of libido
- diurnal variation in mood
- diminished appetite
- loss of  $\geq 5\%$  body weight
- psychomotor agitation
- psychomotor retardation

**F32.2 Severe depressive episode**

1. *All three* from:

- depressed mood

- loss of interest
- fatigue

2. *Four or more* from:

- reduced concentration
- reduced self-esteem
- ideas of guilt
- pessimism about future
- suicidal ideas or acts
- disturbed sleep
- diminished appetite

3. Social impairment

4. *Four or more* from:

- lack of normal pleasure /interest
- loss of normal emotional reactivity
- a.m. waking  $\geq 2$  hours early
- loss of libido
- diurnal variation in mood
- diminished appetite
- loss of  $\geq 5\%$  body weight
- psychomotor agitation
- psychomotor retardation

**F40.00 Agoraphobia without panic disorder**

1. Fear of open spaces and related aspects: crowds, distance from home, travelling alone
2. Social impairment
3. Avoidant behaviour must be prominent feature
4. Overall phobia score  $\geq 2$
5. No panic attacks

**F40.01 Agoraphobia with panic disorder**

1. Fear of open spaces and related aspects: crowds, distance from home, travelling alone
2. Social impairment
3. Avoidant behaviour must be prominent feature
4. Overall phobia score  $\geq 2$
5. Panic disorder (overall panic score  $\geq 2$ )

**F40.1 Social phobias**

1. Fear of scrutiny by other people: eating or speaking in public etc.
2. Social impairment
3. Avoidant behaviour must be prominent feature
4. Overall phobia score  $\geq 2$

**F40.2 Specific (isolated) phobias**

1. Fear of specific situations or things, e.g. animals, insects, heights, blood, flying etc.
2. Social impairment
3. Avoidant behaviour must be prominent feature
4. Overall phobia score  $\geq 2$

**F41.0 Panic disorder**

1. Criteria for phobic disorders not met
2. Recent panic attacks

3. Anxiety-free between attacks
4. Overall panic score  $\geq 2$

#### **F41.1 Generalised anxiety disorder**

1. Duration  $\geq 6$  months
2. Free-floating anxiety
3. Autonomic over-activity
4. Overall anxiety score  $\geq 2$

#### **F41.2 Mixed anxiety and depressive disorder**

1. (Sum of scores for each CIS-R section)  $\geq 12$
2. Criteria for other categories not met

#### **F42 Obsessive-compulsive disorder**

1. Duration  $\geq 2$  weeks
2. At least one act /thought resisted
3. Social impairment
4. Overall scores: obsession score=4, or compulsion score=4, or obsession + compulsion scores  $\geq 6$

### **A1.4 Grouping ICD-10 diagnoses into broad categories**

#### **Depression**

As with the preceding survey, F32.00 and F32.01 were grouped to produce mild depressive episode (i.e. with or without somatic symptoms). F32.10 and F32.11 were similarly grouped to produce moderate depressive episode. Mild depressive episode, moderate depressive episode and severe depressive episode (F32.2) were then combined to produce the final category of depressive episode.

#### **All phobias**

The ICD-10 phobic diagnoses F40.00, F40.01, F40.1 and F40.2, were combined into one category of phobia. This is in line with the preceding surveys.

#### **Categories for analysis**

This process produced six categories of CMD for analysis:

- Mixed anxiety and depressive disorder
- Generalised anxiety disorder
- Depressive episode
- All phobias
- Obsessive compulsive disorder
- Panic disorder

## **A2 Alcohol: hazardous, harmful and dependent patterns of drinking**

Details of the assessment of hazardous, harmful and dependent patterns of drinking are provided in the Section 5.2 of Chapter 5 Alcohol: hazardous, harmful and dependent patterns of drinking. The information given below provides additional detail on Alcohol Use Disorders Identification Test.

### **A2.1 Scoring the Alcohol Use Disorders Identification Test (AUDIT)**

The Alcohol Use Disorders Identification Test (AUDIT) was used for the assessment of alcohol misuse. This provides a score based on a series of questions covering different aspects of drinking behaviour as shown below.

1. How often do you have a drink containing alcohol?

Never (0)

Monthly or less (1)

Two or four times a month (2)

Two to three times a week (3)

Four or more times a week (4)

2. How many drinks containing alcohol do you have in a typical day when you are drinking?

1 or 2 (0)

3 or 4 (1)

5 or 6 (2)

7 to 9 (3)

10 or more (4)

3. How often do you have six or more drinks on any one occasion?

Never (0)

Less than monthly (1)

Monthly (2)

Weekly (3)

Daily or almost daily (4)

4. How often during the last year have you found that you were not able to stop drinking once you had started?

Never (0)

Less than monthly (1)

Monthly (2)

Weekly (3)

Daily or almost daily (4)

5. How often during the last year have you failed to do what was normally expected of you because of drinking?

Never (0)

Less than monthly (1)

Monthly (2)

Weekly (3)

Daily or almost daily (4)

6. How often during the last year have you needed a first drink in the morning to get yourself going after a heavy drinking session?

Never (0)

Less than monthly (1)

Monthly (2)  
Weekly (3)  
Daily or almost daily (4)

7. How often during the last year have you had a feeling of guilt or remorse after drinking?

Never (0)  
Less than monthly (1)  
Monthly (2)  
Weekly (3)  
Daily or almost daily (4)

8. How often during the last year have you been unable to remember what happened the night before because you had been drinking?

Never (0)  
Less than monthly (1)  
Monthly (2)  
Weekly (3)  
Daily or almost daily (4)

9. Have you or someone else been injured because of your drinking?

No (0)  
Yes, but not in the last year (2)  
Yes, during the last year (4)

10. Has a relative, friend, doctor or other health worker been concerned about your drinking or suggested that you should cut down?

No (0)  
Yes, but not in the last year (2)  
Yes, during the last year (4)

### **Scoring**

The total score is computed across all 10 items and the threshold score to indicate hazardous drinking behaviour was deemed to be 8.

## A3 Antisocial and borderline personality disorders

Full details of the assessment of borderline personality disorder (BPD) and antisocial personality disorder (ASPD) are given in the Section 8.2 Chapter 8 Personality disorder. The tables below supplement this description with details of the phase one items used to produce the Structured Clinical Interview for DSM (SCID-II) personality disorder screening scores.

### Phase one SCID-II self-completion screen

The question names shown in the tables below (e.g. 'pd73', 'pd74') refer to the question names used in the phase one questionnaire (reproduced in Appendix D). These are the questions used to assess each diagnostic criterion for BPD, conduct disorder and adult antisocial personality. A diagnosis of ASPD required both conduct disorder and adult antisocial personality to be present.

<b>Borderline personality disorder: Scored items in the SCID-II self-completion (phase one)</b>		
1	Frantic efforts to avoid real or imagined abandonment	pd73
2	A pattern of unstable and intense interpersonal relationships characterised by alternating between extremes of idealisation and devaluation	pd74
3	Identity disturbance: markedly and persistently unstable self-image or sense of self	All of pd75, pd76, pd77, pd78
4	Impulsivity in at least 2 areas that are potentially self-damaging (e.g. spending, sex, substance abuse, reckless driving, binge eating)	pd79
5	Recurrent suicidal behaviour, gestures, or threats, or self-mutilating behaviour	pd80 and pd81
6	Affective instability due to a marked reactivity of mood (e.g. intense episodic dysphoria, irritability or anxiety, usually lasting a few hours and only rarely more than a few days)	pd82
7	Chronic feelings of emptiness	pd83
8	Inappropriate, intense anger or difficulty controlling anger (e.g. frequent displays of temper, constant anger, recurrent physical fights)	2+ of pd84, pd85, pd86
9	Transient, stress-related paranoid ideation or severe dissociative symptoms	pd87

<b>Conduct disorder: Scored items in the SCID-II self-completion (phase one)</b>		
1	Before age 15 often bullied, threatened or intimidated others	pd88
2	Before age 15 often initiated physical fights	pd89
3	Before age 15 has used a weapon that can cause serious harm to others (e.g. a bat, brick, broken bottle, knife or gun)	pd90
4	Before age 15 has been physically cruel to people	pd91
5	Before age 15 has been physically cruel to animals	pd92
6	Before age 15 has stolen while confronting a victim (e.g. mugging, purse snatching, extortion, armed robbery)	pd93
7	Before age 15 has forced someone into sexual activity	pd94
8	Before age 15 has deliberately engaged in fire setting with the intention of causing serious damage	pd95
9	Before age 15 has deliberately destroyed other's property (other than by fire setting)	pd96
10	Before age 15 has broken into someone else's house,	pd97

	building or car	
11	Before age 15 often lies to obtain goods or favours or to avoid obligations (i.e. cons others)	pd98
12	Before age 15 has stolen items of non trivial value without confronting a victim (e.g. shoplifting, stealing but without breaking and entering, forgery)	pd 99
13	Before age 15 has run away from home overnight at least twice while living in parental home or parental surrogate home (or once without returning for a lengthy period)	pd100
14	Before age 13 often stayed out at night despite parental prohibitions	pd101
15	Before age 13 often truant from school	pd102

<b>Adult antisocial personality: Scored items in the SCID-II self-completion (phase one)</b>		
1	Since age 15 failure to conform to social norms with respect to lawful behaviours as indicated by repeatedly performing acts that are grounds for arrest	2+ of pd110, pd111, pd112, pd113
2	Deceitfulness, as indicated by repeated lying use of aliases or conning others for profit or pleasure	pd114 and pd115
3	Impulsivity or failure to plan ahead	pd103 and/or pd104
4	Irritability and aggressiveness, as indicated by repeated physical fights or assaults	2+ of pd105, pd106, pd107, pd108
5	Reckless disregard for safety of self or others	pd116
6	Consistent irresponsibility, as indicated by repeated failure to sustain consistent work behaviour or honour financial obligations	yinact = 6
7	Lacks remorse as indicated by being indifferent to, or rationalising having hurt, mistreated or stolen from another	pd109