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Conference Abstract

Self-rating depression scales in the medical consultation - A qualitative study on patients' perception of MADRS-S

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Abstract

Purpose: The study aims to explore how patients with mild to moderate depression perceive using MADRS-S, a self-administered depression scale, during the doctor consultation.

Theory: Using MADRS-S to evaluate severity of depression may create a deeper cooperation and understanding between doctor and patient.

Method: Patients with mild to moderate depression were recruited purposively from an on-going RCT where patients in the intervention group completed MADRS-S depression scale, together with their doctor, for regular evaluation and monitoring of symptoms, at 4 consultations during 3 months. Patients were invited to a focus group, in total 3. We used Systematic Text Condensation by Malterud for the analysis.

Findings: The patients emphasised the importance of doctor - patient communication. Many participants experienced MADRS-S as a quick pass to diagnosis for the doctor. Some lacked detailed information how to fill in the MADRS-S but saw it as a complement to the consultation. The scale confirmed mental illness but the patients were unsure about the reliability.

Discussion: Our findings acknowledge how important the communication with the doctor is for the patient. From patients' point of view, MADRS-S helps to visualise the depression and how it proceeds.

Keywords:

mads-s, medical consultation, depression, qualitative

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