

**CRAMOND MEDICAL PRACTICE  
 PROTOCOL FOR PATIENTS WITH ANXIETY AND/OR DEPRESSION**

Patient presents with possible Anxiety and/or Depression

Use **HADS** questionnaire to assess levels

2 scales each of 7 items, each item scored 0-3.  
 Scoring on each scale: < 8 'normal';  
 8-10 'borderline'; 11-21 'morbid'  
 indicates presence of and/or level of anxiety and/or depression

**THEN RECORD SCORES IN PATIENT'S NOTES**

If 'normal' (say < 8) on either scale, NFA, reassurance and 'watchful waiting.'

If 'borderline' or some low 'morbid' (say 8-12), give patient copy of appropriate Anxiety or Depression booklet, record this, and make another appointment in 3-4 weeks.

If 'morbid' (say > 12), **give** appropriate Anxiety &/or Depression booklet, record this, **and** consider a counselling referral, **or**, in extreme cases (say >15), consider a counselling referral **and** some appropriate medication. Make another appointment in 2-3 weeks.

**Give Self-Help Resource Booklet on Anxiety or Depression, according to scores.**

**Anxiety or Depression booklets** contain information, self-help suggestions + resources. Please record giving patient this. Encourage patient towards using appropriate self-help strategies. Review at next appointment.

NICE Guidelines for Depression (No 23) recommend recognition and quick assessment; then a "Stepped Care" approach: Step 1 (mild to moderate); Step 2 (moderate); Step 3 (moderate to severe); Step 4 (chronic, severe or extreme, treatment resistant, recurrent, atypical, psychotic, or for those at significant risk); Step 5 (in patient: risk to life or severe self-neglect).

NICE Guidelines for Anxiety (No 22) recommend recognition and differentiation between anxiety, general anxiety disorder, and panic disorders; the involvement of patient in any decision-making; the doctor offering reassurance; a discussion of self-help options & local available support groups; a discussion re any appropriate medication; and then regular contact / 'watchful waiting'.

**Make a follow-up appointment.**  
**Maintain regular contact: "watchful waiting". Review at regular intervals.**  
 If there is a continuation or an increase in symptoms, consider later steps in treatment possibilities: (Step 2) counselling; (Step 3) counselling and/or appropriate medication; (Step 4) referral to Clinical Psychology dept., or (Step 5) Psychiatry.