How can the ICD-10 Symptom Rating (ISR) assess depression with 4 items compared to the BDI II?

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Introduction

The "ICD-10 symptom-rating" (ISR) [1] is a novel 29-item self-rating questionnaire with six scales for the assessment of depression, anxiety, obsessive-compulsive disorders, somatisation and eating disorders and "additional items". The instrument was developed to closely represent the syndrome structure of the ICD-10 [2] while at the same time assessing the extent of total psychological distress of an individual. It was designed to evaluate the prototypical symptoms of depression and for the continuous evaluation of symptom severity. This study was performed on the base of the German version, the English Version is available now.

Objectives and Methods

To validate the ISR-scale „depression“, the scale was correlated with the Beck Depression Inventory II (BDI II) [3, 4] both among inpatients in German Psychosomatic Clinics. To estimate the responsivity of both tests, the effect sizes occurring on both scales over the course of treatment were calculated.

Sample

- N=1846 psychiatric inpatients with depressive disorders
- n=1212 (66%) female, n=634 (34%) male (figure 1)
- Mean Age 42.98 ± 1.66 years (figure 2)
- Mean duration of treatment 55.2 ± 14.17 days (figure 3)
- Marital status (figure 4): 43% single, 27% married, 9% separated, 18% divorced, 3% widowed
- Graduation is shown in figure 5
- Qualification is shown in figure 6

Current diagnosis (figure 7):
- mild depressive episode or disorder (F32.0 & F33.0) n=15 (0.8%)
- moderate depressive episode or disorder (F32.1 & F33.1) n=1042 (56.4%)
- severe depressive episode or disorder(F32.2 & F33.2) n=775 (42%)
- % with psychotic symptoms (F32.3 & F33.3) n=2 (0.1%)
- Cyclothymia (F34.0) n=6 (0.3%)
- other and unspecified (F32.8 & F32.9) n=6 (0.3%)

Results

The ISRS-Depression Scale correlated with the BDI II with r=0.76 (pre-treatment) and r=0.80 (post-treatment) (figure 8).

The changes of the test scores over the course of treatment are shown in figure 9.

The estimated responsivity (Cohens d) is d = 1.64 for the ISR and d = 1.37 for the BDI-II (figure 10).

Conclusion

The ISR-Depression Scale, which is based on the psychiatric ICD-10 classification, with only 4 items has similar psychometric measurement properties as the BDI-II which is based on the DSM-IV [5] classification and includes 21 items for depression. The presented data also provides initial evidence that the ISR-Depression Scale has a greater responsivity than the BDI-II.

The ISR is a highly efficient and cost-effective instrument which provides for psychotherapy with outpatients, clinicians and researchers alike an easy way to both diagnose a disorder and to evaluate treatment and interventions. A computer program performing this instrument is also available free of charge at the IQP-Homepage [6].

References

6 Institut für Qualitätssicherung in der Psychosomatik (IQP). http://www.iqp-online.de/