

Risk score 24.4%

A woman of 60 years old, living in Malaga (Spain)

No personal history of depression

Never suffered physical childhood abuse

Does not take medication for anxiety, depression or stress

*¹SF-12 mental score 40.6

*²SF-12 physical scale score 29.7

³One serious problem in very close persons

Dissatisfied with unpaid work

Neither satisfied nor dissatisfied with living together at home



INTERVENTION: communicating the level and risk profile of depression contributed to:

A new confident and empathic doctor-patient relationship

Detection and treatment of a Generalized Anxiety Disorder and then improving SF-mental score (until 47.1)

Better pain control changing the medication and then improving SF-12 physical score (until 43.8)



Decreased risk of depression after intervention (12.5%)⁴

(4) correcting SF-12 physical and mental health scores to the Spanish primary care attendees mean.

* The possible range of the SF-12 is 0-100. High scores indicate good health/well-being. Mean (Standard Deviation) Short Form 12 (SF-12) mental and physical subscale scores for Spain are 47.1 (12.4) and 43.8 (11.4), respectively (PredictD-Spain Study, Bellón 2011).

¹ This score below the mean corresponds to an anxiety problem undetected by the family physician.

² This score below the mean corresponds to an already diagnosed arthritis and chronic pain poorly controlled by the family physician.

³ Already known by the family physician (her husband recently suffered a heart attack), although after the intervention, the patient's response about the perception of the problem is unchanged.