

**COUNTY OF LOS ANGELES – DEPARTMENT OF MENTAL HEALTH  
ADULT SYSTEM OF CARE – MHSA IMPLEMENTATION AND OUTCOMES DIVISION**



WELLNESS • RECOVERY • RESILIENCE

**Prevention & Early Intervention: Interpersonal Psychotherapy for Depression (IPT)  
Countywide Aggregate Practice Outcomes Dashboard Report  
Outcome Data Submission through November 17, 2016**

**Participating Legal Entities Include:**

ALMA FAMILY SERVICES	HILLVIEW MENTAL HEALTH CENTER INC	TELECARE CORPORATION
AMANECER COMMUNITY COUNSELING SRVC	JEWISH FAMILY SERVICE OF LOSANGELES	THE GUIDANCE CENTER
BARBOUR AND FLOYD MEDCL ASSOCIATES	L.A. CHILD GUIDANCE CLINIC	THE VILLAGE FAMILY SERVICES
CHILD AND FAMILY GUIDANCE CENTER	MCKINLEY CHILDRENS CENTER	VIP COMMUNITY MENTAL HEALTH CTR INC
CHILDRENS BUREAU OF S CALIFORNIA	PACIFIC CLINICS	VISTA DEL MAR CHILD AND FAMILY SVC
CHILDRENS INSTITUTE INC	PASADENA UNIFIED SCHOOL DISTRICT	<b>L.A. COUNTY DMH</b>
DIDI HIRSCH PSYCHIATRIC SERVICE	PROTOTYPES	AMERICAN INDIAN COUNSELING CTR
DREW CHILD DEVELOPMENT CORPORATION	PROVIDENCE SAINT JOHNS HLTH CTR	COMPTON FAMILY MHS
EISNER PEDIATRIC FAMILY CTR	SAN FERNANDO VALLEY COMMUNITY MHC	DOWNTOWN MENTAL HEALTH CENTER
EL CENTRO DE AMISTAD INC	SOUTH CENTRAL HEALTH AND REHAB PROG	EDMUND D. EDELMAN WESTSIDE MHC
ENKI HEALTH AND RESEARCH SYSTEMS I	SPECIAL SERVICE FOR GROUPS	LONG BEACH MHS ADULT CLINIC
GATEWAYS HOSPITAL AND MENTAL HEALTH	SPIRITT FAMILY SERVICES	SOUTH BAY MHS
HELPLINE YOUTH COUNSELING INC	ST FRANCIS MEDICAL CENTER	WEST CENTRAL FAMILY MHS
HERITAGE CLINIC AND THE COMM FOR SE	ST JOSEPH CENTER	

**Agencies submitting outcomes that are not approved to provide IPT by PEI Administration:**

CHILD AND FAMILY CENTER	HOLLYWOOD MENTAL HEALTH CENTER
COUNSELING N RESRCH ASC DBA MASADA	NORTHEAST MENTAL HEALTH CENTER
HATHAWAY SYCAMORES CHILD FAM SRVCS	ARCADIA MHS
<b>L.A. COUNTY DMH</b>	SAN PEDRO MENTAL HEALTH CENTER
ANTELOPE VALLEY MHC	RIO HONDO COMMUNITY MHC
SANTA CLARITA VALLEY MH CENTER	COASTAL API FAMILY MHC

Table 1. IPT Status Since Inception to November 17, 2016						
# of Clients Claimed to Practice	# of Clients Entered into PEI OMA	# of Tx Cycles in PEI OMA	Clients with Multiple Tx Cycles	Clients Completing Tx	Clients Dropping-Out of Tx	Clients Still in Tx
5583	72.52%	4118	1.65%	39.68%	34.82%	25.50%
n=	4049	n=	67	1634	1434	1050

Note 1: Clients Claimed was based on IPT being selected as the EBP in a PEI Plan and having  $\geq 2$  core services claimed to the practice starting July 1, 2011.

Note 2: Number of clients Completing Tx or Dropping-Out of Tx was determined by whether the EBP was said to be completed (e.g. answered “yes” or “no”) in the PEI OMA.

Table 2. Client Demographics - Clients Who Entered IPT											
Total Number of Clients	Age	Gender		Ethnicity					Primary Language		
	Average	Female	Male	African-American	Asian / Pacific Islander	Caucasian	Hispanic / Latino	Other	English	Spanish	Other
	4049	35	69.65 %	30.33 %	12.37 %	7.01 %	14.30 %	59.13 %	7.19 %	63.55 %	28.28 %
n=		2820	1228	501	284	579	2394	291	2573	1145	331

Note1: Age is calculated at the date of the first EBP.

Note2: Percentages may not total 100 due to missing data and/or rounding.

Table 3. Top 5 Most Frequently Reported DSM-IV Primary Axis Diagnosis - Clients Who Entered IPT						
Total Tx Cycle	Depressive Disorder NOS	Dysthymic Disorder	Major Depressive Disorder, Recurrent, Moderate	Major Depressive Disorder, Single Episode, Moderate	Major Depressive Disorder, Rec., Severe W/O Psychotic Features	Other
4118	13.79%	9.62%	7.84%	6.24%	3.79%	58.72%
n=	568	396	323	257	156	2418

Note: The above table reflects diagnoses entered into PEI OMA from July 1, 2011 through October 27, 2015.

Note: As reported in PEI OMA beginning of treatment information.

Table 4. Program Process Data - Clients Who Entered IPT			
Outcome Measures Administered	Pre-Test with Scores	Post-test with Scores	Clients Who Completed both a Pre and Post Measure with Scores
Outcome Questionnaire – 45.2*	79.60%	50.03%	31.25%
n=	1811	791	711
Ackn=	2275	1581	2275
Patient Health Questionnaire (PHQ-9)	78.71%	49.66%	30.73%
n=	3084	1371	1204
Ackn=	3918	2761	3918
Youth Outcome Questionnaire - (YOQ) 2.01 (Parent)	67.14%	36.89%	21.62%
n=	1124	442	362
Ackn=	1674	1198	1674
Youth Outcome Questionnaire – Self Report – 2.0 (YOQ-SR)	76.81%	47.26%	29.17%
n=	1285	561	488
Ackn=	1673	1187	1673

Note 1: Number of acknowledged measures (Ackn=) is determined by the number of required measures that receive a score or an unable to collect reason code.

Note 2: The % indicated for Pre-test with scores, Post-test with scores, and both a Pre and Post-test with scores is calculated by dividing the (n=#) by the number acknowledged (Ackn=#) in the PEI OMA system for each measure. The number acknowledged (Ackn=#) for those with Pre and Post scores is an estimate based on the greatest number of matches that could be expected given the number of Pre scores acknowledged.

Table 5a. Top Reasons Given for "Unable to Collect"

<b>Outcome Questionnaire – 45.2*</b>	<b>Total Pre</b> 465	Administration date exceeds acceptable range	Client refused	Not available in primary language	Client unavailable	Clinician not trained in outcome measure	0
	Percent	28.82%	16.77%	15.27%	9.68%	8.17%	0.00%
	n	134	78	71	45	38	0
	<b>Total Post</b> 792	Client unavailable	Lost contact with client	Premature termination	Client refused	Administration date exceeds acceptable range	0
	Percent	30.43%	18.94%	17.55%	13.51%	5.93%	0.00%
	n	241	150	139	107	47	0

Table 5b. Top Reasons Given for "Unable to Collect"

<b>Patient Health Questionnaire (PHQ-9)</b>	<b>Total Pre</b> 834	Administration date exceeds acceptable range	Outcome measure unavailable	Client unavailable	Client refused	Therapist did not administer tool	0
	Percent	29.50%	14.63%	14.03%	11.99%	9.35%	0.00%
	n	246	122	117	100	78	0
	<b>Total Post</b> 1393	Client unavailable	Premature termination	Lost contact with client	Client refused	Therapist did not administer tool	0
	Percent	30.87%	19.17%	18.52%	11.63%	6.10%	0.00%
	n	430	267	258	162	85	0

Table 5c. Top Reasons Given for "Unable to Collect"

Youth Outcome Questionnaire - (YOQ) 2.01 (Parent)	Total Pre 551	Parent/care provider unavailable	Administration date exceeds acceptable range	Outcome measure unavailable	Parent/care provider refused	Therapist did not administer tool	0
	percent	40.65%	22.50%	8.35%	6.90%	6.90%	0.00%
	n	224	124	46	38	38	0
	Total Post 757	Parent/care provider unavailable	Premature termination	Lost contact with parent/care provider	Parent/care provider refused	Therapist did not administer tool	0
	percent	41.48%	16.64%	15.32%	7.13%	6.74%	0.00%
	n	314	126	116	54	51	0

Table 5d. Top Reasons Given for "Unable to Collect"

Youth Outcome Questionnaire - Self Report - 2.0 (YOQ-SR)	Total Pre 389	Administration date exceeds acceptable range	Client unavailable	Outcome measure unavailable	Client refused	Therapist did not administer tool	0
	Percent	32.39%	15.17%	13.88%	12.60%	9.00%	0.00%
	n	126	59	54	49	35	0
	Total Post 627	Client unavailable	Premature termination	Lost contact with client	Client refused	Therapist did not administer tool	0
	Percent	28.71%	20.89%	18.66%	10.21%	6.86%	0.00%
	n	180	131	117	64	43	0

Table 6. Service Delivery Data – Clients Who Completed IPT						
Total Treatment Cycles 1402	Average Length of Treatment in Weeks	Range of Treatment Weeks		Average Number of Sessions	Range of Sessions	
		Min	Max		Min	Max
	32	0	182	20	1	195

Note: Completed IPT is defined as having a ‘yes’ for completion indicated in the PEI OMA.

Table 7. Outcome Data* – Clients who Completed IPT					
		Percent Improvement from Pre to Post	Percent of Clients Showing Reliable Change* from Pre-IPT to Post-IPT		
			Positive Change	No change	Negative Change
Outcome Questionnaire – 45.2*	TOTAL	29.27% (n=521)	50.81%	44.68%	4.52%
			315	277	28
Patient Health Questionnaire (PHQ-9)	TOTAL	45.89% (n=849)	45.94%	49.66%	3.55%
			470	508	45
Youth Outcome Questionnaire – 2.01 (Parent)	TOTAL	46.68% (n=216)	61.85%	30.74%	7.41%
			167	83	20
Youth Outcome Questionnaire – Self Report – 2.0	TOTAL	46.09% (n=323)	59.54%	34.10%	6.36%
			234	134	25

\*Please see Appendix A. for a description of the IPT outcome measures and the outcome indicators (percent improvement in average scores; and, percent of clients showing reliable change).

Note 1: Possible PHQ-9 scores can range from 0 – 27, with a clinical cutoff of 15.

Note 2: Possible YOQ-Parent Total Scores can range from -16 – 240, with a clinical cutoff of 46.

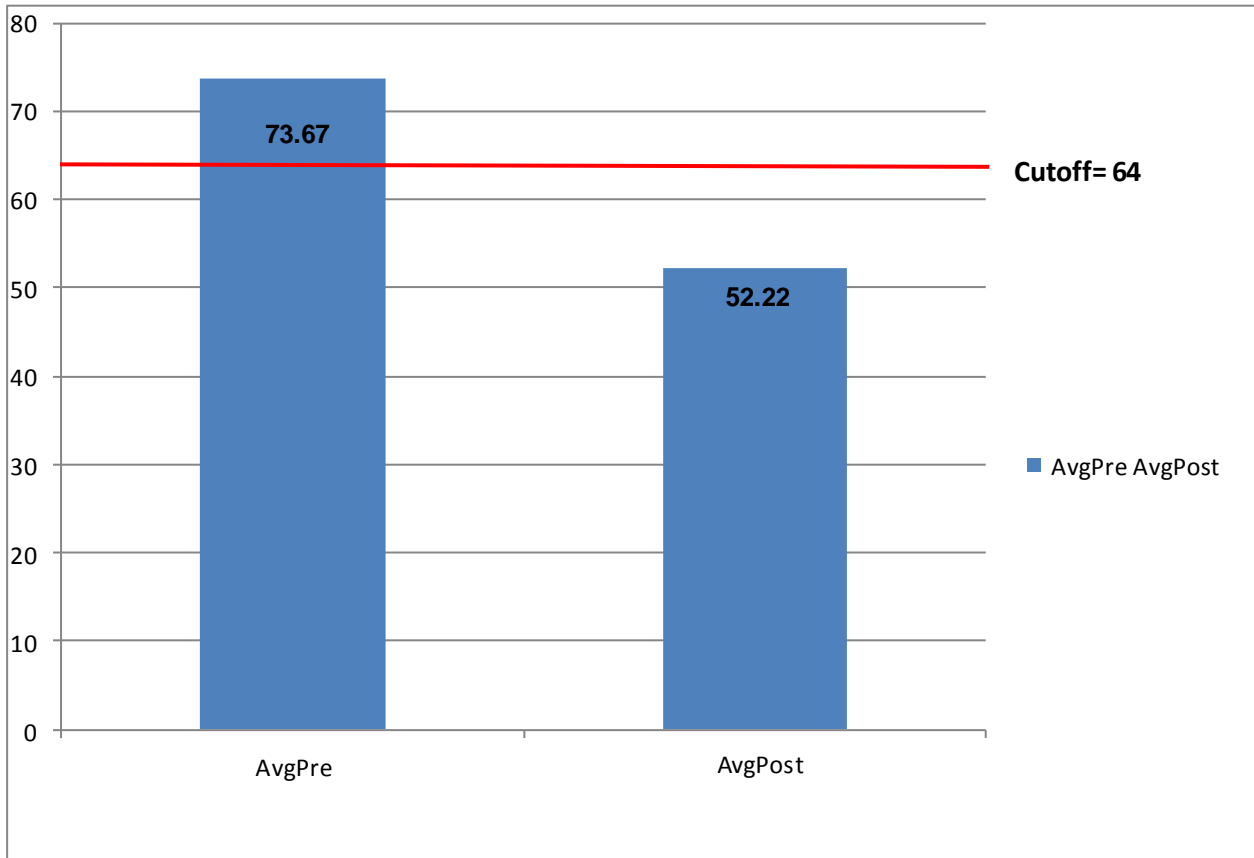
Note 3: Possible YOQ-SR Total Scores can range from -16 – 240, with a clinical cutoff of 47.

Note 4: Possible OQ Total Scorers can range from 0 – 180, with a clinical cutoff of 64.

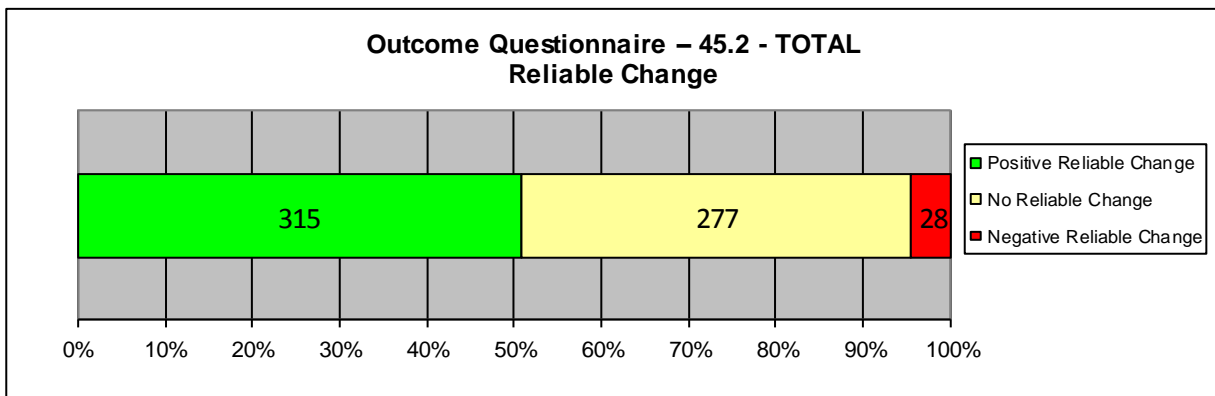
Note 5: Aggregate outcome data based on fewer than 20 clients are not reported.

Note 6: Positive Change indicates that the scores decreased from the pre to the post measure.

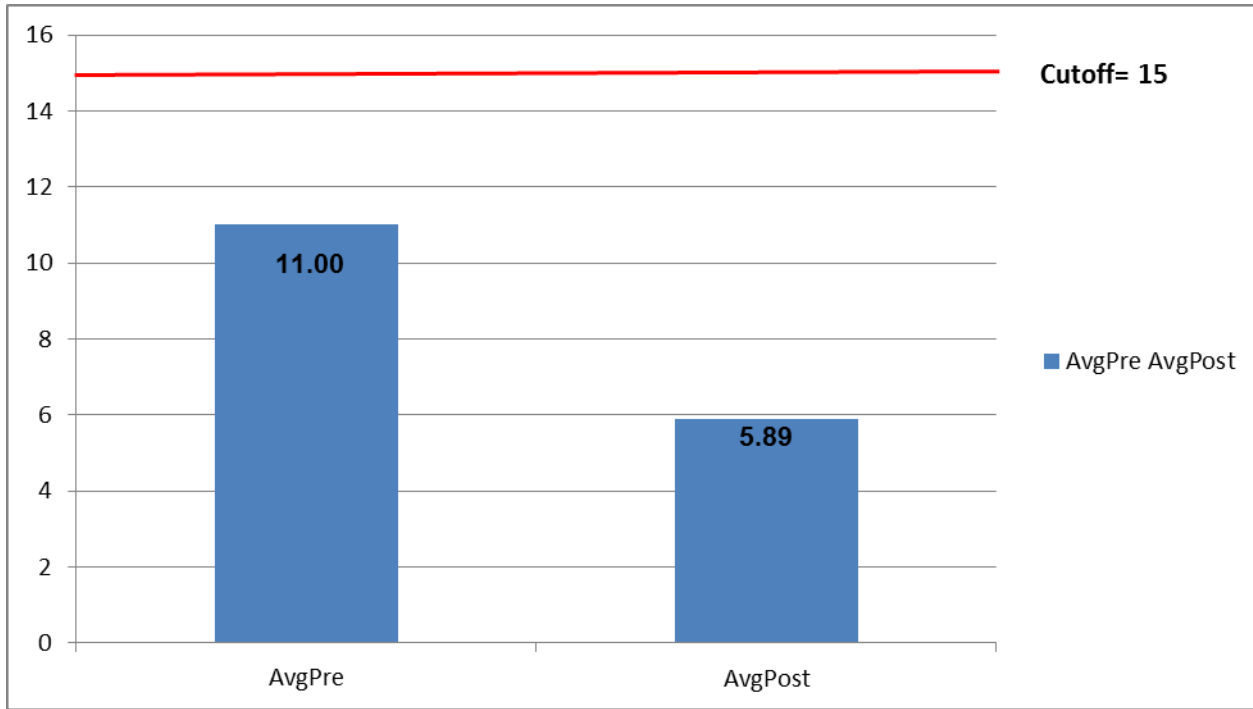
**Outcome Questionnaire – 45.2  
(N=620)**



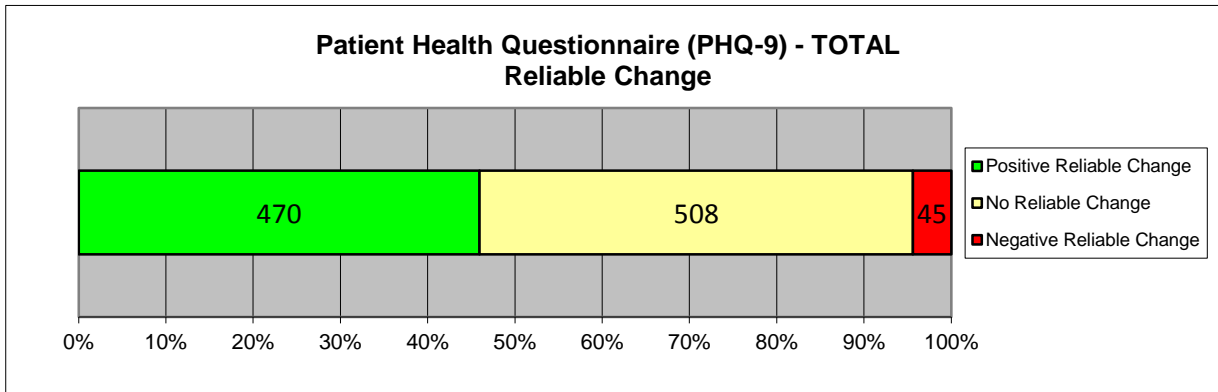
**Outcome Questionnaire – 45.2 - TOTAL  
Reliable Change**



**Patient Health Questionnaire (PHQ-9)  
(N=1,023)**

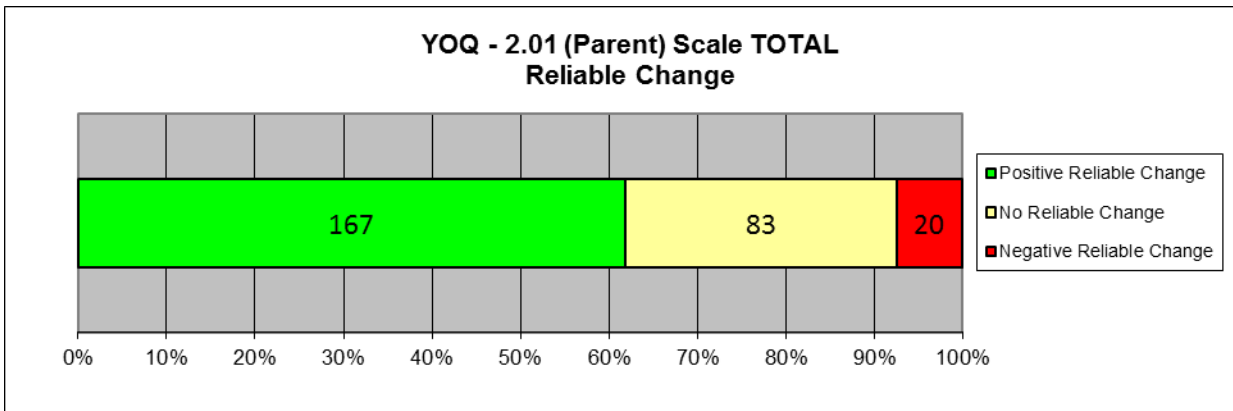
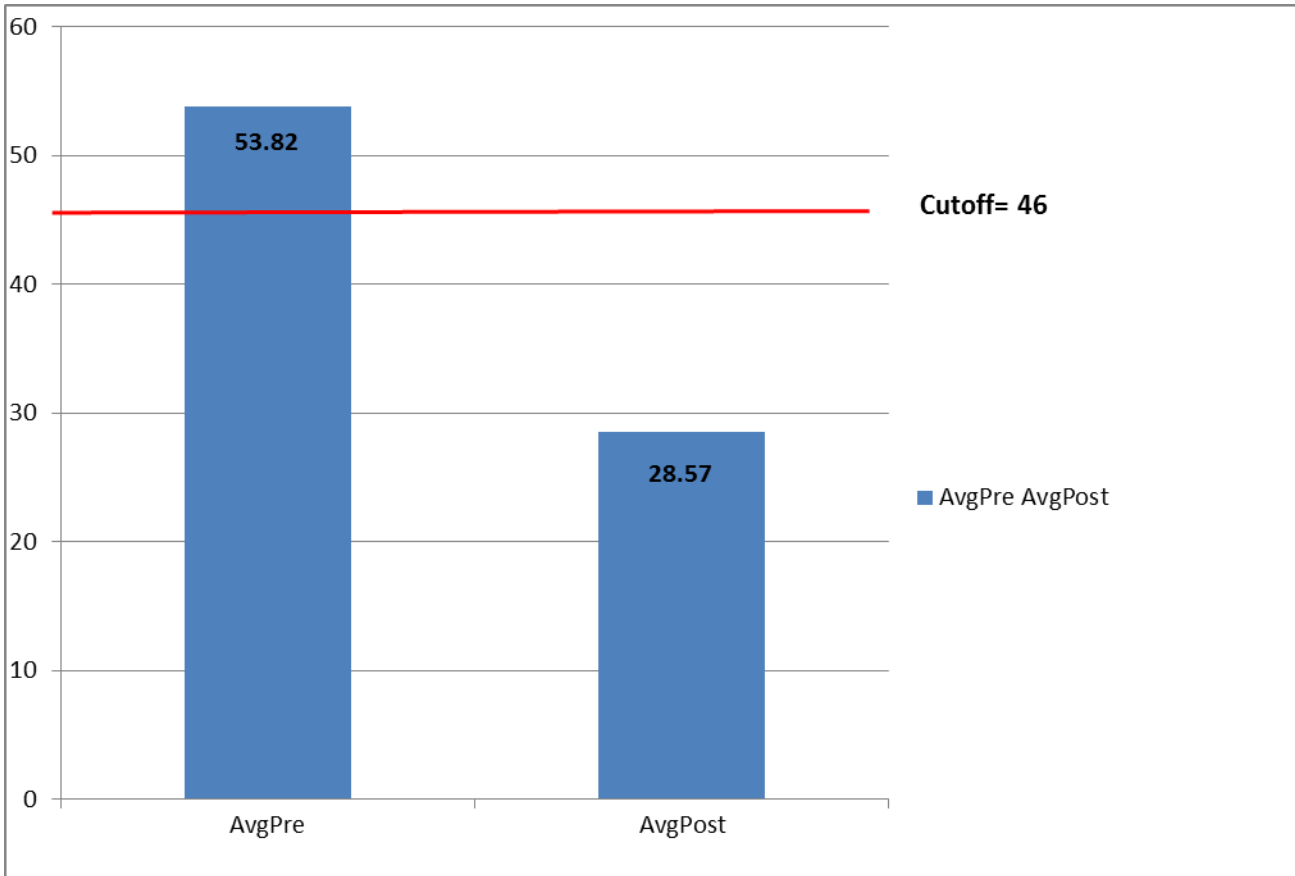


**Patient Health Questionnaire (PHQ-9) - TOTAL  
Reliable Change**

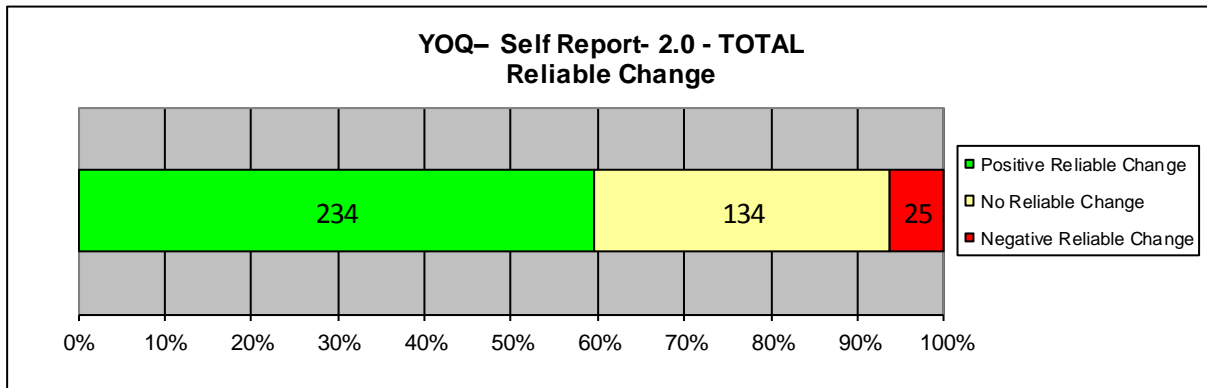
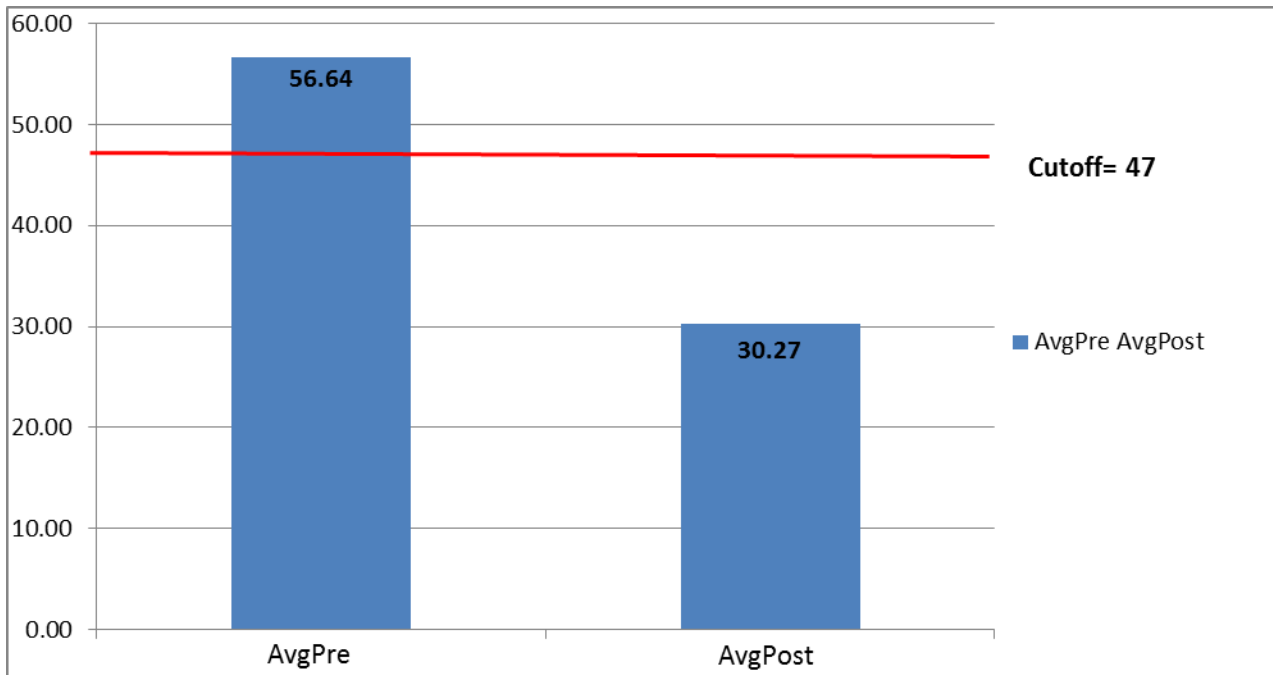




**Youth Outcome Questionnaire - 2.01 (Parent)**  
**(N=270)**



**Youth Outcome Questionnaire – Self Report – 2.0  
(N=393)**



## Appendix

### PHQ-9

The Patient Health Questionnaire-9 (PHQ-9) is a specific outcome measure for clients participating in treatment focused on depression. This 9-item self-report measure for clients ages 12 and older assesses the overall frequency/severity of depressive symptoms experienced during the prior two weeks. Possible Total PHQ-9 scores range from 0-27, with scores of 15 or higher indicating moderately severe to severe depression.

### Youth Outcomes Questionnaires (YOQ and YOQ-SR)

The Youth Outcome Questionnaire is a 64-item parent-report that assesses global distress in a child's/adolescent's life from 4-17 years of age. The YOQ-SR is the Self-report version of the YOQ and is completed by the child/adolescent him or herself. Total scores on both measures can range from -16 to 240. Total scores of 46 or higher are most similar to a clinical population on the YOQ. A total score of 47 is most similar to that of a clinical population on the YOQ-SR.

### Outcomes Questionnaires (OQ)

The Outcome Questionnaire is a 45-item self-report questionnaire that assesses global distress in a client's life from ages 19 and older. Total Scores on this measure can range from 0 to 180, with scores of 64 or higher indicating clinical significance.

### Reliable Change Index

When comparing Pre and Post scores, it is very helpful to know whether the change reported represents the real effects of the treatment or errors in the system of measurement. The Reliability of Change Index (RCI) is a statistical way of helping to insure that the change recorded between pre and post assessments exceeds that which would be expected on the basis of measurement error alone. The RCI has been calculated using the Jacobson and Truax (1991) method and indicates when change exceeds that which would be expected on the basis of error at the  $p < .05$  probability level. For a more in-depth discussion of Reliability of Change see Jacobson, N. S., & Truax, P. (1991). Clinical Significance: A statistical approach to defining meaningful change in psychotherapy research. *Journal of Consulting and Clinical Psychology*, 59, 12-19. Also see Wise, E. A. (2004). Methods for analyzing psychotherapy outcomes: A review of clinical significance, reliable change, and recommendations for future directions. *Journal of Personality Assessment*, 82(1), 50-59.

The number and percent of clients experiencing positive change, no change and negative change are recorded in table 7a. Healthful change in each of the measures cited here means that scores have decreased in value from pre to post test administrations (i.e. recorded a negative change on the RCI). To help avoid confusion, healthful reliable change is presented as positive while unhealthful reliable change is presented as negative change.

### Supplemental Information for Table 3 “Other” Diagnosis Category

OTHER		
DSM-IV Primary Axis Diagnosis - Clients Who Entered IPT	n	Percent
Mood Disorder NOS	146	3.55%
Adjustment Disorder With Anxiety and Depressed Mood	146	3.55%
Adjustment Disorder With Depressed Mood	135	3.28%
Major Depressive Disorder, Single Episode, Mild	123	2.99%
Anxiety Disorder NOS	121	2.94%
Major Depressive Disorder, Recurrent, Mild	112	2.72%
Generalized Anxiety Disorder	92	2.23%
Post-Traumatic Stress Disorder	78	1.89%
Major Depressive Disorder, SE, Severe W/O Psychotic Features	75	1.82%
Major Depressive Disorder, Single Episode, Unspecified	68	1.65%
Oppositional Defiant Disorder	68	1.65%
Major Depressive Disorder, Recurrent, Unspecified	59	1.43%
Major Depressive Disorder, Rec., Severe With Psychotic Features	40	0.97%
Disruptive Behavior Disorder NOS	40	0.97%
Adjustment Disorder W/Mixed Disturbance Emotion and Conduct	36	0.87%
Attention-Deficit/Hyperactivity Disorder, Combined Type or Hyperactive Impulse Type	23	0.56%
Adjustment Disorder Unspecified	22	0.53%
Adjustment Disorder With Anxiety	20	0.49%
Panic Disorder Without Agoraphobia	18	0.44%
Major Depressive Disorder, SE, Severe With Psychotic Features	14	0.34%
Psychotic Disorder NOS	13	0.32%
Bipolar II Disorder	12	0.29%
Panic Disorder With Agoraphobia	10	0.24%
Bipolar Disorder NOS	10	0.24%
Bipolar I Disorder, MRE, Depressed, Moderate	10	0.24%
Major Depressive Disorder, Recurrent, In Partial Remission	9	0.22%
Attention-Deficit/Hyperactivity Disorder, Predominantly Inattentive Type	9	0.22%
Bipolar I Disorder, MRE, Depressed, Severe W/O Psychotic Features	7	0.17%
Schizoaffective Disorder	6	0.15%
Schizophrenia, Paranoid Type	5	0.12%
Major Depressive Disorder, Single Episode, In Partial Remission	5	0.12%
Bipolar I Disorder, MRE, Depressed, Mild	5	0.12%
Bipolar I Disorder, MRE, Mixed, Severe With Psychotic Features	5	0.12%
Adjustment Disorder With Disturbance of Conduct	5	0.12%
Social Phobia	4	0.10%
Delusional Disorder	4	0.10%
Bipolar I Disorder, MRE, Mixed, Moderate	4	0.10%
Mood Disorder Due to ...(Indicate Medical Condition)	4	0.10%
Attention-Deficit/Hyperactivity Disorder NOS	4	0.10%

Relational Problem NOS	3	0.07%
Conduct Disorder, Adolescent-Onset Type	3	0.07%
Bipolar I Disorder, MRE, Mixed, Severe W/O Psychotic Features	3	0.07%
Bipolar I Disorder, MRE, Manic, Severe With Psychotic Features	3	0.07%
Major Depressive Disorder, Recurrent, In Full Remission	2	0.05%
Major Depressive Disorder, Single Episode, In Full Remission	2	0.05%
Bipolar I Disorder, MRE, Depressed, In Partial Remission	2	0.05%
Bipolar I Disorder, MRE, Mixed, Unspecified	2	0.05%
Bipolar I Disorder, MRE, Mixed, Mild	2	0.05%
Bipolar I Disorder, MRE, Mixed, In Partial Remission	2	0.05%
Bipolar I Disorder, MRE, Unspecified	2	0.05%
Schizophrenia, Undifferentiated Type	2	0.05%
Unspecified Mental Disorder (Nonpsychotic)	2	0.05%
Religious or Spiritual Problem/Phase of Life Problem	2	0.05%
Bereavement	2	0.05%
Parent-Child Relational Problem	2	0.05%
Partner Relations Problems	1	0.02%
Neglect of Child (focus on victim)	1	0.02%
Disorder of Infancy, Childhood, or Adolescence NOS	1	0.02%
Impulse-Control Disorder NOS	1	0.02%
Intermittent Explosive Disorder	1	0.02%
No Diagnosis (code invalid as Secondary/Axis III Diagnosis)	1	0.02%
Physical/Sexual Abuse of Adult( by partner)	1	0.02%
Sibling Relational Problem	1	0.02%
Hypochondriasis/Body Dysmorphic Disorder	1	0.02%
Somatoform Disorder NOS and Undifferentiated Somatoform Disorder	1	0.02%
Obsessive-Compulsive Disorder	1	0.02%
Conversion Disorder	1	0.02%
Dissociative Identity Disorder	1	0.02%
Brief Psychotic Disorder	1	0.02%
Pervasive Developmental Disorder NOS/Asperger's Disorder/Rett's Disorder	1	0.02%
Acute Stress Disorder	1	0.02%
Pain Disorder Associated With Psychological Factors	1	0.02%
Bulimia Nervosa	1	0.02%
Eating Disorder NOS	1	0.02%
Sedative, Hypnotic, or Anxiolytic Dependence	1	0.02%
Bipolar I Disorder, Single Manic Episode, Unspecified	1	0.02%
Dementia of Alzheimers Depressed Mood late onset	1	0.02%
Anxiety Disorder Due to General Medical Condition	1	0.02%
Drug Induced Mood Disorder	1	0.02%
Bipolar I Disorder, Single Manic Episode, Moderate	1	0.02%

Bipolar I Disorder, MRE, Mixed, In Full Remission	1	0.02%
Bipolar I Disorder, MRE, Depressed, Severe With Psychotic Features	1	0.02%
Bipolar I Disorder, MRE, Hypomanic/Manic Unspecified	1	0.02%
Bipolar I Disorder, MRE, Manic, Severe W/O Psychotic Features	1	0.02%