

**INTERNATIONAL SOCIETY OF AFFECTIVE DISORDERS (ISAD)
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SYMPOSIUM: “IS DEPRESSION A CHRONIC ILLNES?”

**Title: “New approach to assess functioning and disability in unipolar depression.
The MHADIE project**

J. L. Ayuso-Mateos, M. Nieto, P. Gimeno, J. Adan, J Sanchez-Moreno, E. Vieta.
Department of Psychiatry. School of Medicine. Universidad Autónoma de Madrid and
Clinical Institute of Neuroscience, Hospital Clinic, University of Barcelona, IDIBAPS,
Barcelona, Spain

Aims: To present the Coordination Action *Measuring Health and Disability in Europe: supporting development policies* (MHADIE), a multidisciplinary project that aims to demonstrate the feasibility and the utility of the biopsychosocial model for the measurement and common understanding of types and prevalence of impairments described in the World Health Organization’s *International Classification of Functioning, Disability and Health* (ICF) (1).

Background: Disability is a multi-dimensional phenomenon arising out of an interaction between the individual’s health status and the physical and social environment (2). Disability data, and the instruments to measure them, must reflect this biopsychosocial model of disability. Traditionally, health records have been based on the diagnostic and biomedical model. Nevertheless, information about functional status is needed in order to appreciate the full picture regarding the health of an individual or a population(3). A good example, is unipolar depression. Functional status of depressive patients is a critical outcome measure and the ICF model may be adequate for describing and measuring patterns of disability in depressive patients, both in clinical and research settings.

Methods: The study design is a multicenter, prospective cohort study with three time points of assessment (base line, and after 6 weeks and 3 months after treatment) that involves 16 partners from 10 European countries, and the WHO during 3 years. The study samples (n=1200 patients) are 12 medical conditions responsible of a high proportion of the burden of disease in Europe (neuropsychiatric disorders, musculoskeletal diseases, and cardiovascular diseases) Common instruments based on the ICF model will be used to assess and to describe all participant’s functioning and disability profiles (i.e. the ICF Checklist, the WHODAS-II and the SF-36). In addition, other clinical, economic and social variables specifically related to depression will be studied.

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