

Proposal of Oral presentation:

“The utility of the ICF-checklist in describing the functioning and disability of patients with unipolar depression: A pilot study”

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Aims: The main goal of this study is to test the utility of the *International Classification of Functioning, Disability and Health's Checklist* (ICF-Checklist) to describe the functioning and the disability profiles in unipolar depression.

Background: Unipolar depression is one of the mayor contributors to burden of diseases world wide (Murray y López, 1996). It is associated with high levels of disability in daily functioning. Based on the biopsychosocial model of health, the new International Classification of Functioning, Disability and Health (ICF; WHO, 2001) provides an international new systematic framework to describe the functioning of the individuals across different domains and allows the study of the interaction between symptomatology and environmental factors. Whether the ICF is useful in clinical research and practice is unclear. Since its approval, no studies to date have tested its utility in describing the profiles of functioning in depressive patients. Thus, it is important to test its utility with patients with unipolar depression.

Methods: Fifty patients with a diagnosis of major depressive episode (ICD-10) attended in primary care settings were included in the study. The subjects were assessed with different clinical and psychological instruments to measure central domains of functioning, and screened on clinical and demographic variables. Finally, the ICF-Checklist was used to describe the patients' profiles of functioning and disability.

Results: The patients were moderately depressed, scoring a minimum of 17 in the BDI-II. They were characterized by high levels of disability both in social and work functioning. The ICF-checklist qualifiers' "performance" and "capacity" related to the "Activities and Participation" section, emerged as an important source of information to describe and identify targets of clinical treatment. Besides, the domains "Support and Relationships" and "Attitudes" were significant factors explaining the interaction between depressive symptoms and patients' functioning.

Conclusions: More than half of the patients with unipolar depression showed impairments in their daily functioning. The ICF-checklist provided a complete

description of the symptomatology and functioning of depressive patients. Since functioning and symptomatology seems to be distinct dimensions, the ICF may be useful to describe their interaction and could help clinicians to ensure optimal treatments in patients with unipolar depression.

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