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
*SF-12 mental score 40.6
*SF-12 physical scale score 29.7
One 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.