

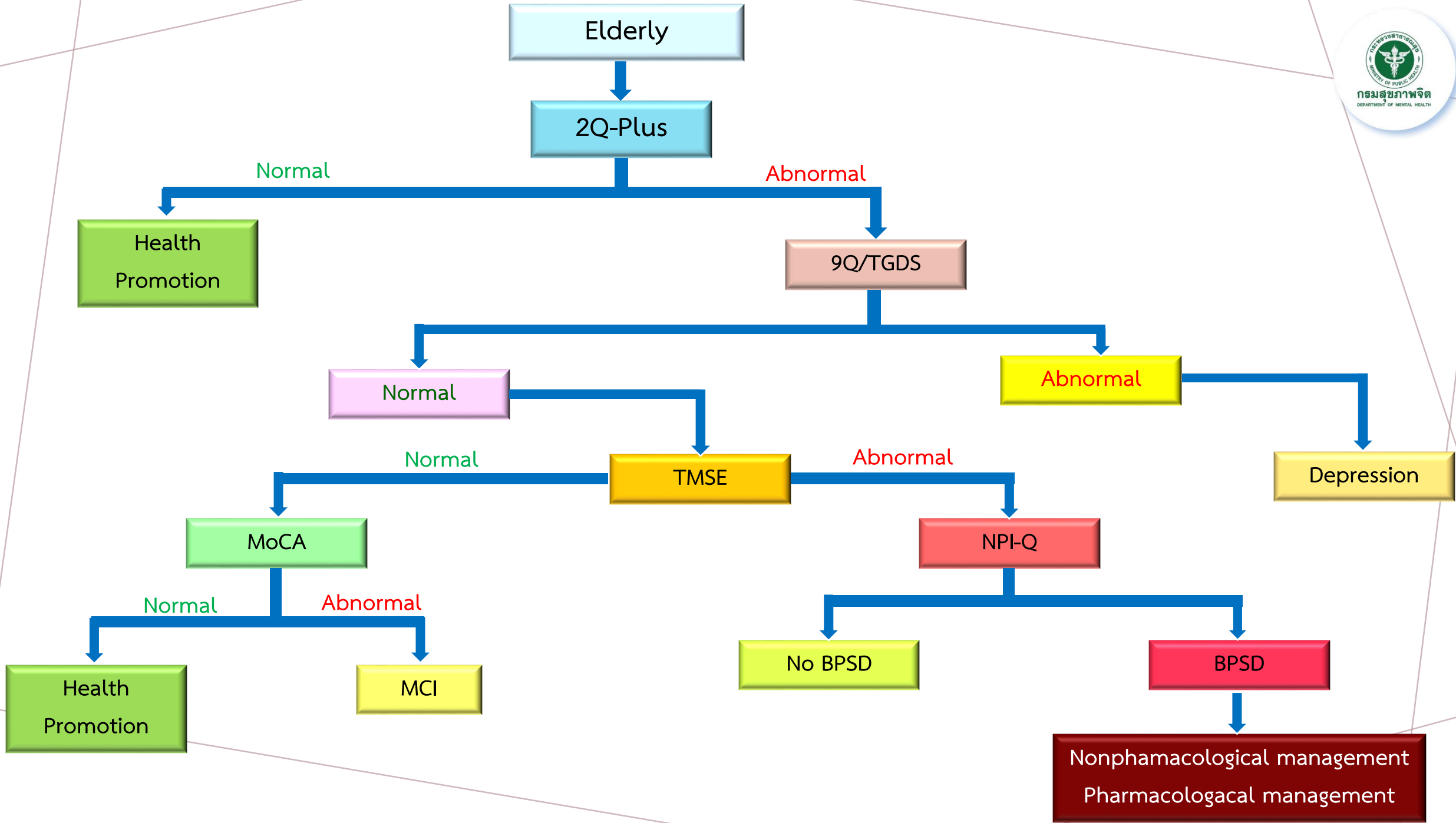
Elderly Community Mental Health Tool

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Outline



- Screening for depression and suicidal ideation : 2Q PLUS
- Thai Geriatric Depression Scale : TGDS
- Thai Mental State Examination : TMSE
- Neuropsychiatric Inventory Questionnaire
Thai version : NPI-Q thai



Screening for depression and suicidal ideation : 2Q PLUS

2Q PLUS

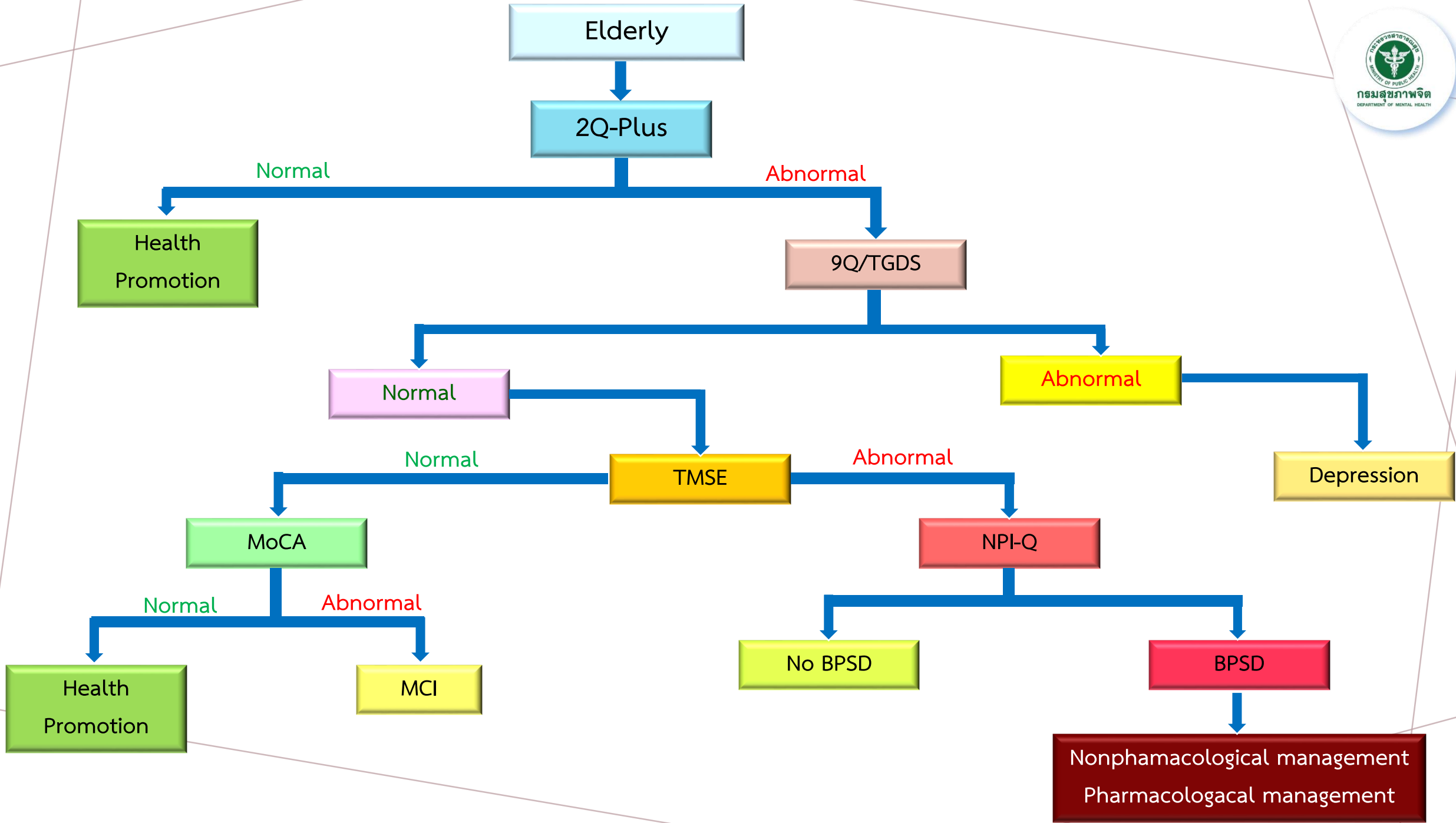


In 2 weeks ago and including today, Do you have any of these symptoms?
(Yes at least 1 answer = risk of depression)

1	Uneasy, frustrated, distressed, sad, discouraged, lethargic	No	Yes
2	Bored, don't want to talk, don't want to do anything or doing anything is not as fun as before.	No	Yes

In 1 month ago and including today. (Answer Yes = Suicide risk)

Are you so distressed that you don't want to live?	No	Yes
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THAI GERIATRIC DEPRESSION SCALE : TGDS

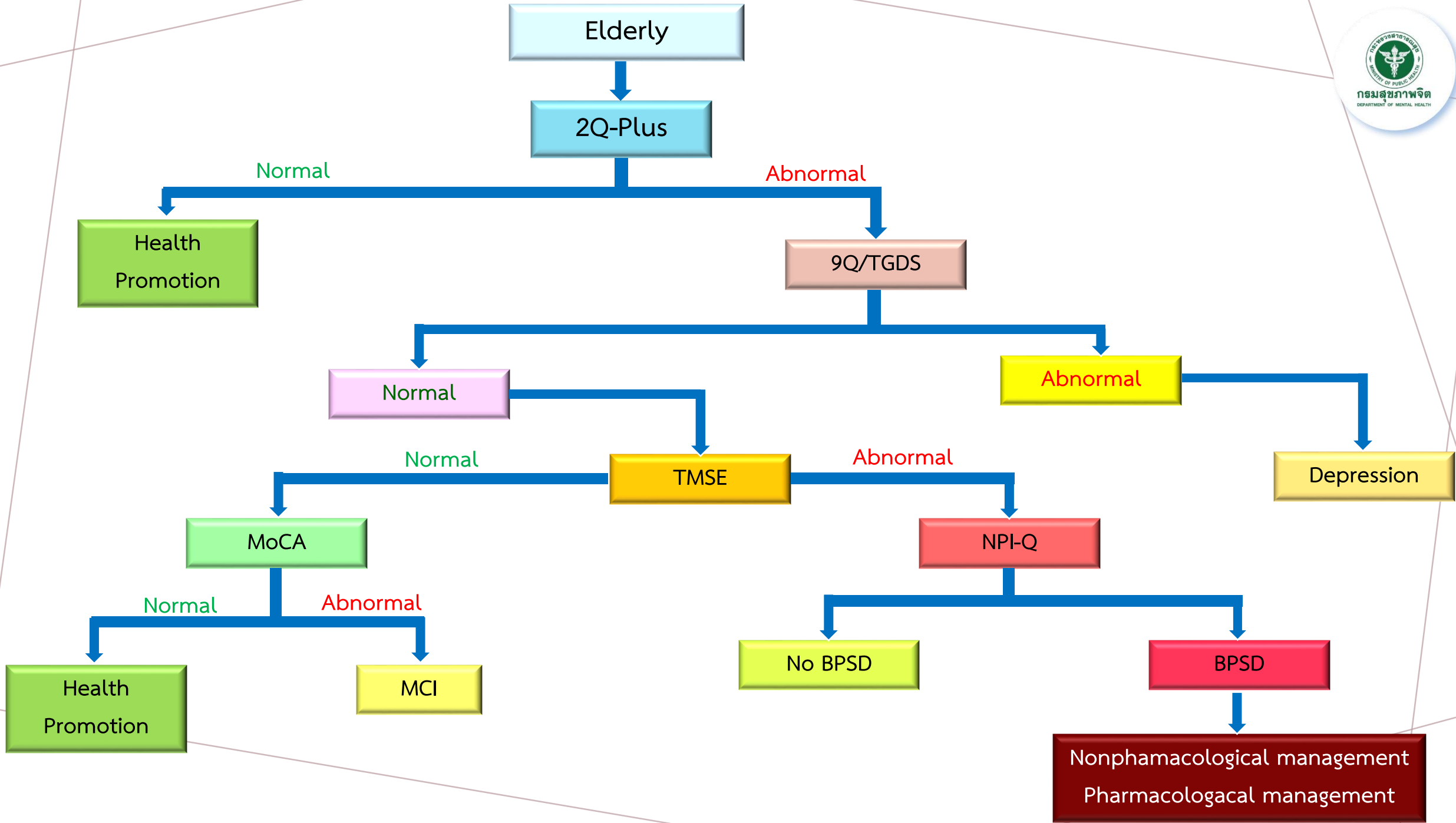
Questions	Yes	No
1. Are you generally satisfied with your life?		*
2. Are you less active or less interested in things?	*	
3. Do you feel that your life is empty?	*	
4. Do you often feel bored?	*	
5. Are you mostly in a good mood?		*
6. Are you afraid something bad will happen to you?	*	
7. Do you mostly feel happy?		*
8. Do you often feel helpless?	*	
9. Do you prefer staying home than going out to do something?	*	
10. Do you feel that you have more memory problems than others?	*	
11. Do you think living to this day is wonderful?		*
12. Do you feel that the life you are living now is so worthless?	*	
13. Are you feeling full of strength?		*
14. Do you feel hopeless about what you're going through?	*	
15. Do you think the others are better than you?	*	

Scoring and Interpretation

- Calculation of points No. 1,5,7,11,13, if answered "no", get 1 point.
- As for item 2,3,4,6,8,9,10,12,14,15, if answered "yes", get 1 point

Interpretation

- 0-5 points mean normal.
- 6-10 points mean depression. Should follow up or send to see a doctor for clinical evaluation.
- 11-15 points means depression. should see a psychiatrist



Thai Mental State Examination : TMSE

Question	Points
<p>1. Orientation (6 points)</p> <ul style="list-style-type: none">- day, date, month, range of days- Where- Who (person in picture)	<p>4</p> <p>1</p> <p>1</p>
<p>2. Registration (3 points) Tell 3 things and repeat after</p> <ul style="list-style-type: none">- Tree, Car, Hand	<p>3</p>
<p>3. Attention (5 points) tell the date back</p> <ul style="list-style-type: none">- Sunday, Saturday, Friday, Thursday, Wednesday, Tuesday, Monday	<p>5</p>
<p>4. Calculation (3 points) 100-7 Keep going 3 times</p>	<p>3</p>

Question

Points

5. Language (10 points)

5.1 Ask what this is called. (clock, clothes)

2

5.2 to repeat after “Grandma took her grandson to buy snacks at the market”

1

5.3 Follow the words (Step 3 Say the whole sentence at the same time.)

- pick up paper with right.

1

- Fold the paper in half.

1

- And hand the paper to the inspector.

1

5.4 Read the message and follow “close your eyes”

1

5.5 Draw a picture like an example.

2

5.6 Bananas and oranges are the same?.....(Fruit)

Cats and dogs are the same?.....(Animal)

1

6. Recall (3 points) Ask 3 things to remember according to item 2.

- Tree, Car, Hand

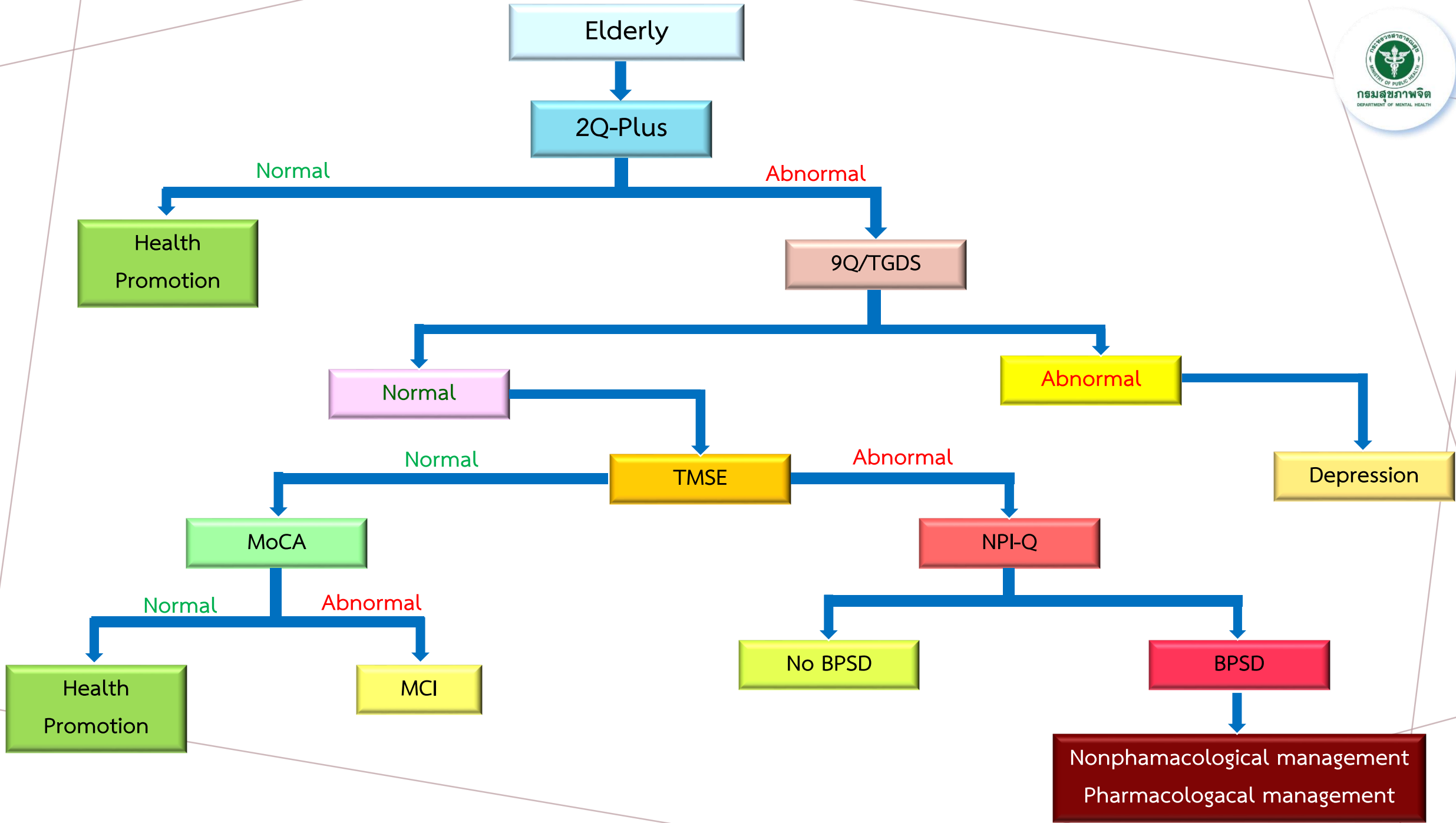
3

Interpretation TMSE

Point \leq 23



Dementia



Neuropsychiatric Inventory

Questionnaire

Thai version : NPI-Q thai

NPI-Q THAI

- All 12 items according to symptoms of BPSD
- Inquire from relatives/carers

Symptoms of BPSD

- Yes
- No

Level of severity

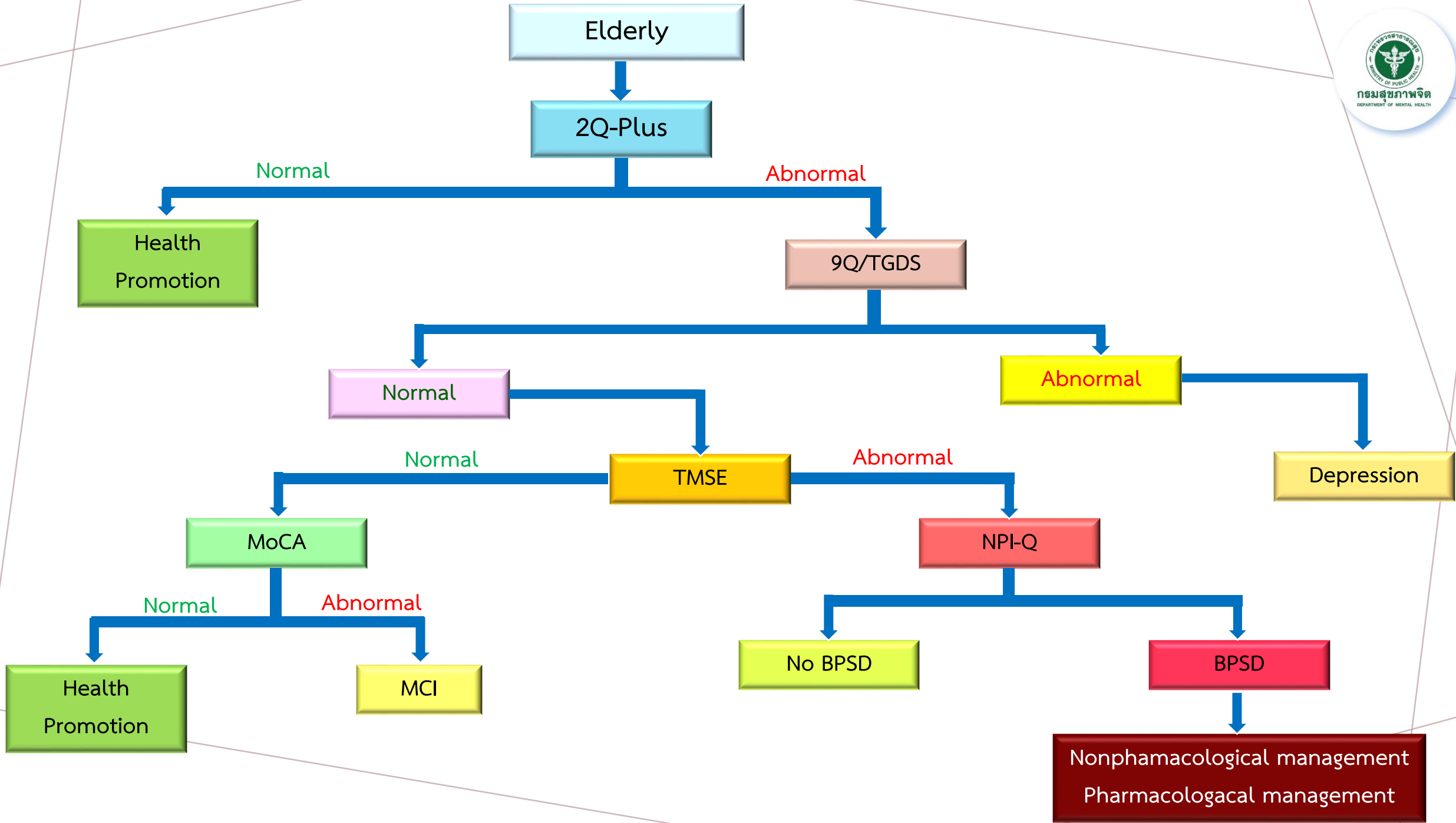
- Mild
- Moderate
- Severe

Neuropsychiatric Inventory Questionnaire

Thai version (NPI-Q thai) 12 items

1. Delusion
2. Hallucinations
3. Agitation / Aggression
4. Depression
5. Anxiety
6. Elevated mood
7. Lost of interest

8. Lost of inhibitions
9. Irritable mood
10. Disorganize behavior
11. Sleep/behavior
problems during Night.
12. The appetite and the
food be abnormal.



Thank you 😊

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