Early Identification of Depression in Patients with Pediatric Epilepsy

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Early Identification of Depression in Patients with Pediatric Epilepsy

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**Background**
- Depression is a comorbidity of epilepsy that is under-assessed and under-reported. Impacts quality of life, seizure control and increases risk for suicidal ideation.
- Tools, such as Neurological Disorders Depression Inventory-Epilepsy-Youth (NDDI-E-Y), assist in screening and identification of those at risk for depression.
- Recommend implementation of routine NDDI-E-Y screening of epilepsy patients.

**Methods**
Patients in the epilepsy clinic, 12-17 years completed screening for NDDI-E-Y at each routine visit. Those with a diagnosis of epilepsy, English speaking, and reading at a 5\textsuperscript{th} grade reading level, reported by family, completed the NDDI-E-Y. Tools were provided via a REDCap survey without personal health information. Scores > 32 received social work evaluation and mental health resources. Education was provided in standard discharge paperwork.

**Aims**
- > 75% of youth, 12-17 years, meeting inclusion criteria, complete NDDI-E-Y at chronic care visits
- 100% of those scoring ≥32 receive mental health referrals
- >75% of patients receive standardized education regarding depression risk

**Results**
- N=176 patients were evaluated and n=112 met criteria for the NDDI-E-Y.
- All qualified patients (n=112) completed screening (100%)
- 30.2% of patients (n=52) were unable to complete due to cognitive limitations.
- 2.8% (n=5), excluded due to being non-English speaking.
- 15% (n=17) of patients were positive, defined as ≥ 32, suggesting that these patients had a high likelihood of having a diagnosis of depression.
- All 17 patients with a positive screen were evaluated by social work and received mental health referrals.
- 100% patients received standard depression education

**Demographics**

<table>
<thead>
<tr>
<th>Demographics</th>
<th>Male</th>
<th>Female</th>
</tr>
</thead>
<tbody>
<tr>
<td>Gender</td>
<td>59.7% (n=105)</td>
<td>40.3% (n=71)</td>
</tr>
<tr>
<td>Age</td>
<td></td>
<td></td>
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<tr>
<td>12-14 years</td>
<td>62.5% (110)</td>
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</tr>
<tr>
<td>15-17 years</td>
<td>37.5 (n=66)</td>
<td></td>
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<tr>
<td>Cognition</td>
<td></td>
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<tr>
<td>≥ 5\textsuperscript{th} grade reading level</td>
<td>69.8% (n=124)</td>
<td></td>
</tr>
<tr>
<td>&lt; 5\textsuperscript{th} grade reading level</td>
<td>30.2% (n=52)</td>
<td></td>
</tr>
</tbody>
</table>

**Conclusion**
- The NDDI-E-Y is an effective screening tool for depression that can be implemented successfully in a comprehensive epilepsy center.
- The tool can provide guidance for appropriate education and referrals.
- Implementation of standardized workflow may improve adoption.