

# Acceptability & Feasibility of the Global Mental Health Assessment Tool in Primary Care

Health Care Workers, including doctors, practice nurses and health care assistants, at Blackheath Medical Centre & Kings Lane Medical Practice in Wirral are researching whether patients find it acceptable when the Global Mental Health Assessment Tool (GMHAT) is used in the assessment of their mental health symptoms.

This research is important. Freeling showed that GP's diagnose depression inappropriately. Schulberg & Ormel echoed these findings. Anderson identified that primary care physicians respond with a significantly lower diagnostic accuracy when they recognise mental health symptoms.

The use of a validated semi-structured clinical interview such as GMHAT could help improve primary care's diagnostic accuracy and reduce the consequence of undiagnosed mental illness such as inappropriate care, inappropriate referral and the potential for chronicity & all that implies for the individual & society.

The research is ongoing but so far 130 patients have participated. The findings are promising.

This interim data has been submitted to national & international conferences for peer review.

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*It was very easy to open up and get it off my chest.*

Patient comment & feedback

*Found helped discuss issues with doctor. May not have discussed in normal consultation.*

*Helped understand symptoms.*

*It was very therapeutic and enlightening.*

*It covered all my issues. Actually discussing these issues made me feel better.*

*Very informative on my behalf about my health in understanding myself better.*

*I found the questionnaire easy to follow and understand. Very helpful.*



Celebrating 70 Years of Progress in  
Mental Health across the North of England