



The Mood Assessment Program (MAP)

The MAP is an advanced diagnostic and management tool for depressive illness which provides practitioners with easily accessed information about their patients with regard to the sub-type of their illness and other factors affecting treatment planning. It has been used and validated at the Black Dog Institute for some years and a pilot study began in MAP centres across NSW in 2007. The on-line availability of the MAP from mid-2010 provides all practitioners registered to use it with the opportunity to access a valuable resource.

Aims of the MAP:

- Identify depressive sub-type
- Improve detection of Bipolar Disorder
- Identify vulnerable personality styles
- Identify lifestyle and environmental factors contributing to the illness
- Provide a rational basis for development of a formulation and treatment plan

Referring to the online MAP:

- GPs, psychiatrists and psychologists can become MAP referrers by registering with the Black Dog Institute (form available on the Institute website). On registering you will receive an access code which your patient uses when they log on to identify themselves as your patient. This ensures that the report goes only to you as the referring practitioner.
- Patients must:
 - be 18 years or over
 - have suffered an episode of depression, diagnosed or otherwise.
 - be managed by a registered MAP referrer
 - be able to speak and write English or have someone who can help them.
 - be able to concentrate for an hour
 - have very basic computer skills
 - have access to the internet

Patient experience

- Patient receives referral in the form of an information sheet that includes the web address and access code from their practitioner
- Patient finds an appropriate time and logs on to the website as instructed
- Patient completes the online questionnaires. There are clear instructions, it takes about an hour and there is provision for short breaks if necessary.
- The patient does not receive any feedback at the time of testing.
- Patient returns to the referring practitioner for results and treatment planning.
- There is no cost to either the patient or the referring practitioner
- The MAP is designed to be used once only for each patient

Clinician experience

- You provide referral information and access codes to appropriate patients who are depressed or have histories of depression
- Within a few days of the patient completing the MAP you receive a comprehensive report providing valuable information for treatment planning
- Ideally, the report will be delivered via Argus secure messaging.
- If you are not set up to receive reports in this way they can also be sent by post (fax available shortly).
- Black Dog does not retain copies of these reports for reasons of patient confidentiality, but, as their practitioner, you must abide by the statutory regulations as you would for any other part of the medical record.