The M3 Checklist & Clinical Practice

What It Is • Why It’s Needed • How to Use It
Measurement & Evidence-Based Mental Health Care

The M3 Checklist screening assessment & tracking tool is:

- Evidence-based
- User-friendly
- Administered on the web or a mobile device
- Instantly interpreted

M3 Detects:

- Depression
- Anxiety disorders
- Bipolar disorders
- Post-traumatic stress disorder
- Substance Misuse
- Suicidality
- Functional Impairment

It fits into practice workflow, yields standardized reports, and connects with most electronic health records (EHRs).

Information developed through the M3 Checklist provides a comprehensive profile of each patient, including functional status, drug use, and thoughts of suicide. The information can be used in measurement-based care, revealing changes in a patient’s mental health status, practice patterns, and aggregate population health data.
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The evidence for treatment of MH disorders is clear. Left untreated or under-treated, they are costly and confound care of comorbid conditions. The patient-rated M3 Checklist through LabCorp assesses multiple mental health conditions while providing data.

6 Mental Health is More Than Depression Alone
Over half of Americans will have a mental health disorder in their lifetime. Often individuals will have overlapping conditions, such as anxiety coupled with depression.

7 Cost of Mental Illness
Mental health conditions are the largest drivers of health care costs, totaling $293 billion annually. The prevalence of anxiety is almost twice that of depression.

8 One Number
Risk for four mental health disorders can be recognized through one number, which is similar to diabetes risk identification using A1C.

9 Interpreting the M3 Checklist & the AUDIT-C
M3 reports are like any other LabCorp report, making it easy to accurately identify risk for a diagnosis and treat the patient.

12 Integration into Clinical Workflow
These LabCorp based assessments (M3 Checklist & AUDIT-C) enhance patient care and return results to the electronic health record without creating additional clinical workflow burden.

13 The Spectrum of Mental Health Screens
M3 is web-based, screens for a minimum 5 conditions, provides data to the electronic health record, and takes minutes to complete. In one package, it offers much more than other common screens.

14 Comprehensive List of Codes & Reimbursement for Mental Health Assessments
Codes are identified for these mental health services and when used can add significantly to a practice’s bottom-line.

15 Use Cases
The M3 Checklist can be used in primary and specialty care practices, help collection of quality reporting metrics, and provide data to illuminate the problem of re-hospitalization.

16 Sustainability of Mental Health Screening in Primary Care
Assessment and treatment of mental health conditions is financially sustainable.

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A. Validation Study
B. US Preventative Services Task Force Recommendation Statement (USPTF)
About M3 Checklist

LabCorp is now offering the M3 Checklist, empowering providers with an evidence-based assessment that detects symptoms of mental health conditions: depression, anxiety, bipolar disorders, PTSD and an option for substance misuse. The Checklist is a nationally recognized, peer reviewed and clinically validated tool. Once the patient completes the assessment, the M3 Checklist computes results and sends a report to the ordering clinician. The report provides a numeric value, the M3 score, indicating the overall level of mental health symptom burden. Functional impairment and symptom severity for each of mental health conditions are also identified. Out of range scores are flagged as “high” so there can be further review with the patient to determine clinical needs.

1 in 5
U.S. adults suffer from one or more mental health disorders

7
different disorders and features of mood & anxiety disorders

- Anxiety
- Depression
- PTSD
- Suicide
- Bipolar disorder
- Substance Misuse
- Functional Impairment

<50%
never get help

29%
adults with a chronic medical condition have a mental illness

45 Million
suffer from anxiety

10%
suffer from depression

20%
of rehospitalizations are impacted by mental illness

10%

EMR
Data is sent directly to the EMR

27 Questions on the test

Who Should Use the M3 Checklist?

- Primary care practitioners
- Specialty care physicians
- Patient centered medical homes
- Accountable care organizations
- Federally qualified health centers
- Mental health professionals
- Behavioral health clinics
- Integrated delivery networks
- Commercial & government payers
- Employee assistance programs
Mental Health: More than Just Depression

Anxiety disorders, depression, and bipolar disorders represent 99 percent of mental health conditions. Research shows that 55 percent of Americans will experience a mental health disorder in their lifetime (see Figure 1).

Anxiety disorders are nearly two times more prevalent than depression. Yet, practices that use screening tools typically assess only for depression. For this reason, and because mental health conditions frequently present together, this common approach often results in under-diagnosis and under-treatment.

The M3 Checklist identifies symptoms of anxiety disorder, bipolar disorder, depression, and PTSD, providing a profile showing the presence of any of these conditions in every screened individual. Figure 2 indicates the diagnoses of the participants in the M3 validation study and shows where many had one or more mental health condition.

Fig. 1: Lifetime Prevalence

Fig. 2: M3 Validation Study Demonstrates the Overlapping Nature of Mental Health Condition

Note: No mood or anxiety disorder = 403 (65.4%)
### Cost of Mental Illness

$26 to $48 billion can be saved through effective integration of mental health and medical services.\(^9\)

<table>
<thead>
<tr>
<th>Payers</th>
<th>PMPM without MH Diagnosis</th>
<th>Patients with Diagnosis</th>
<th>PMPM with MH Diagnosis</th>
<th>Increase with MH Diagnosis</th>
</tr>
</thead>
<tbody>
<tr>
<td>Commercial</td>
<td>$340</td>
<td>14%</td>
<td>$903</td>
<td>266%</td>
</tr>
<tr>
<td>Medicare</td>
<td>$582</td>
<td>9%</td>
<td>$1,409</td>
<td>242%</td>
</tr>
<tr>
<td>Medicaid</td>
<td>$381</td>
<td>20%</td>
<td>$1,301</td>
<td>341%</td>
</tr>
<tr>
<td>All Insurers</td>
<td>$397</td>
<td>14%</td>
<td>$1,085</td>
<td>273%</td>
</tr>
</tbody>
</table>

**Potential Savings in Chronic Condition Care through Treating Co-occurring Mental Illness\(^9\)**

<table>
<thead>
<tr>
<th>Medical Condition</th>
<th>Total Commercial Costs (Million)</th>
<th>Total Medicare Costs (Million)</th>
</tr>
</thead>
<tbody>
<tr>
<td>Arthritis</td>
<td>$36,372</td>
<td>$11,929</td>
</tr>
<tr>
<td>Asthma</td>
<td>$30,801</td>
<td>$2,570</td>
</tr>
<tr>
<td>Cancer</td>
<td>$16,201</td>
<td>$3,535</td>
</tr>
<tr>
<td>Hypertension (without complications)</td>
<td>$27,241</td>
<td>$9,620</td>
</tr>
<tr>
<td>Ischemic Heart Disease</td>
<td>$7,208</td>
<td>$7,278</td>
</tr>
</tbody>
</table>

**TOTAL SAVINGS**

- **$162,366** (Total Commercial)
- **$30,803** (Total Medicare)

*Please note that the values do not sum to create the total*
The M3 Score: One Number for Mental Health

The M3 Checklist captures a comprehensive measure of a patient’s overall mental health symptom burden. This is done by assessing a patient’s risk of common mental health conditions found in primary care: depression, anxiety, bipolar disorder, and post-traumatic stress disorder. The validation study out of the University of North Carolina\(^1\) identified symptom burden scores for each of the four diagnoses. Of the 647 participants enrolled in the study, any positive M3 sub-score reflects 83% sensitivity and 76% specificity for risk of a diagnosable condition.

Further evaluation of the original study data was performed to determine whether a single number, the M3 Checklist Score or M3 Score, could quickly indicate whether the patient is at significant risk of any mood or anxiety disorder, singly or in combination. This unpublished analysis\(^10\) demonstrated that the optimal screening cut point is a score of 33 and above. With this additional data, the Checklist has a positive predictive value of 71%, indicating patients at risk for four mental health disorders (not merely depression), while 89% of patients with a score of 33 or less are diagnosis free. Consequently, scores of 33 or above are considered out of range and are therefore flagged as “high” on the report. The M3 Score also correlates well with the Short Form Health Survey (SF-12), a standard in the field, which is a brief, functional health survey that assesses limitations on role functioning as a result of physical and emotional health. These correlations are further proof of the M3’s ability to find clinically significant cases where there is demonstrable functional impairment.\(^11\)

The National Institute of Mental Health has endorsed a more multi-dimensional approach to psychiatric illness,\(^12,13\) suggesting that symptoms from across a range of common diagnostic categories should be assessed. This is the approach the M3 takes. The first step in using the M3 Checklist is to determine whether the M3 score is in or out of range. Look next to the four subscores, also flagged when results indicate the patient may be at risk for each of the four disorders. Finally, in considering a diagnosis it is important to look at the patient’s functional status, reflected in the M3 Gateway responses. A positive Gateway, combined with significant symptom severity, provides the criteria for a mental health diagnosis from which primary care physicians can initiate treatment, whether it be psychotherapy, pharmacotherapy, or both. The M3 also contains two additional questions probing for alcohol and substance misuse. When endorsed by the patient, alcohol use patterns may be further investigated with the AUDIT-C, an instrument available to order along with the M3 Checklist.
How to Review the M3 Checklist Report

This lab report is organized like any other LabCorp report. The left-hand column entitled “TESTS” shows requested assessment results for the M3 Checklist and/or the AUDIT-C. The “RESULT” column displays overall findings relative to the results of the assessment, e.g. M3 Score, M3 Gateway, Diagnosis Risk by condition, Gateway Questions, Symptom Severity Subscores by condition, and responses to Questions. “FLAG” identifies out-of-range scores, which are either “HIGH” or blank. Items flagged as “HIGH” are bolded and suggest the need for special attention to better understand the nature of the patient’s response and how they relate to the relevant mental health condition. The “REFERENCE INTERVAL” identifies the expected baseline range for each item.

1. **M3 Score** indicates the overall level of mental health symptom burden. 0-32=low; 33-108=high

2. **M3 Gateway**, when positive, indicates impairment in functional status. The Gateway is positive if any of the five Gateway questions (Q5 & Q24-27) are positive.

3. **Diagnosis Risk** requires significant impairment in function, which is indicated by a positive Gateway. A sufficient level of symptoms is also required to meet diagnostic criteria for any condition. Generally, each Diagnosis Risk incorporates both requirements into its result.

4. **Symptom Severity** indicates the severity of symptoms for each of the four clinical conditions and is not impacted by the Gateway result. These subscores are most sensitive to change over time, and their review should be combined with discussing of the responses for each condition.

5. **The 27 Questions** and responses inform how the clinician focuses on further assessment after reviewing the report. Responses flagged as “HIGH” have the highest severity and should be reviewed in more detail with the patient. The following question numbers indicate which questions apply to each condition.
   - Depression: 1-7
   - Anxiety: 8-19 (GAD 8-9; Panic 10-11; Social 12; OCD 17-19)
   - PTSD: 13-16
   - Bipolar: 20-23
Sample LabCorp Report Highlighting the M3 Scores (continued)
How to Review the AUDIT-C Report

The AUDIT-C identifies people at high risk for Alcohol Use Disorder. This report is organized like any other LabCorp report. The left-hand column entitled “TESTS” lists the queries for the AUDIT-C (e.g. question 1). The “RESULT” column displays overall findings relative to the results of the assessment (e.g. Positive). “FLAG” identifies out-of-range scores, which are either “HIGH” or blank. Items flagged as “HIGH” are bolded and suggest the need for special attention to better understand the nature of the responses and how they relate to alcohol use. The “REFERENCE INTERVAL” identifies the expected baseline range for each item.

1. **AUDIT-C Total Score**  
   A positive test is a total score of 3 or higher (some use 4 as the threshold for men) or any response to Q3 other than “Never.”

2. **Questions**  
   The response to each question can be reviewed. Responses inform the clinician how to focus further assessment of the patient. These questions relate to frequency, and quantity of alcohol use, and the presence of binging behavior. Any positive response to Question 3, despite a negative overall result, warrants further questioning.
Primary care physicians do not want to do more work and especially without getting paid for it. The M3 Checklist and the AUDIT-C easily fit into clinical workflow and are reimbursed by Medicare and many commercial insurers. These assessments are ordered the same way as any LabCorp specimen test and, once completed on-line by the patient, the reports are integrated into the electronic health record for review of out of range values by the clinician, with the patient.
Comparison of Assessments

M3 CHECKLIST & AUDIT-C

In one assessment, the M3 checklist offers more than other common mental health screens. It assesses for over 5 mental health disorders, is web-based, provides structured data directly to the electronic health record and takes minutes to complete.

<table>
<thead>
<tr>
<th>M3 Checklist ¹</th>
<th>• Depression  • Anxiety  • PTSD  • Bipolar Disorder  • Functional Impairment  • Suicide</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td><img src="chart.png" alt="Chart showing comparison of assessments" /></td>
</tr>
<tr>
<td></td>
<td>Take test in 5 min or less</td>
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</table>

<table>
<thead>
<tr>
<th>AUDIT-C ¹⁴</th>
<th>• Substance Misuse</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td><img src="chart.png" alt="Chart showing comparison of assessments" /></td>
</tr>
<tr>
<td></td>
<td>Take test in 1 min or less</td>
</tr>
</tbody>
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<table>
<thead>
<tr>
<th>PHQ-9,4,2¹⁵</th>
<th>• Depression  • Suicide</th>
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</thead>
<tbody>
<tr>
<td>9¹⁵</td>
<td><img src="chart.png" alt="Chart showing comparison of assessments" /></td>
</tr>
<tr>
<td>4¹⁵</td>
<td><img src="chart.png" alt="Chart showing comparison of assessments" /></td>
</tr>
<tr>
<td>2¹⁶</td>
<td><img src="chart.png" alt="Chart showing comparison of assessments" /></td>
</tr>
<tr>
<td>3 Mins.</td>
<td><img src="chart.png" alt="Chart showing comparison of assessments" /></td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>DASS-2¹⁹</th>
<th>• Anxiety  • Depression  • Substance Misuse</th>
</tr>
</thead>
<tbody>
<tr>
<td>9¹¹⁵</td>
<td><img src="chart.png" alt="Chart showing comparison of assessments" /></td>
</tr>
<tr>
<td>4¹¹⁵</td>
<td><img src="chart.png" alt="Chart showing comparison of assessments" /></td>
</tr>
<tr>
<td>2¹¹⁶</td>
<td><img src="chart.png" alt="Chart showing comparison of assessments" /></td>
</tr>
<tr>
<td>3 Mins.</td>
<td><img src="chart.png" alt="Chart showing comparison of assessments" /></td>
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</tbody>
</table>

<table>
<thead>
<tr>
<th>GAD¹⁵,¹⁷</th>
<th>• Anxiety</th>
</tr>
</thead>
<tbody>
<tr>
<td>7¹¹⁶</td>
<td><img src="chart.png" alt="Chart showing comparison of assessments" /></td>
</tr>
<tr>
<td>2 Mins.</td>
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</table>

<table>
<thead>
<tr>
<th>SF-2²⁰</th>
<th>• Depression  • Anxiety  • Functional Ability</th>
</tr>
</thead>
<tbody>
<tr>
<td>10¹¹⁶</td>
<td><img src="chart.png" alt="Chart showing comparison of assessments" /></td>
</tr>
<tr>
<td>3 Mins.</td>
<td><img src="chart.png" alt="Chart showing comparison of assessments" /></td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>DAST-1⁰¹⁸</th>
<th>• Substance Misuse</th>
</tr>
</thead>
<tbody>
<tr>
<td>10¹¹⁷</td>
<td><img src="chart.png" alt="Chart showing comparison of assessments" /></td>
</tr>
<tr>
<td>3 Mins.</td>
<td><img src="chart.png" alt="Chart showing comparison of assessments" /></td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>SF-2²¹</th>
<th>• Bipolar Disorder</th>
</tr>
</thead>
<tbody>
<tr>
<td>13¹¹⁷</td>
<td><img src="chart.png" alt="Chart showing comparison of assessments" /></td>
</tr>
<tr>
<td>5 Mins.</td>
<td><img src="chart.png" alt="Chart showing comparison of assessments" /></td>
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</table>
**Comprehensive List of Codes & Reimbursement for Mental Health Assessments**

<table>
<thead>
<tr>
<th>Type of Assessment</th>
<th>Payer</th>
<th>Code Type</th>
<th>Billing Code</th>
<th>Description</th>
<th>Estimated Reimbursement</th>
</tr>
</thead>
</table>
| Mental Health Assessments | Medicare/Commercial | CPT²² | 96103 | Psychological testing, administered by a computer, with qualified health care professional interpretation and report. | $30.95²³
$28²⁴ & $30²⁵ to $60²⁵ |
| | Medicare | HCPCS²⁶, ²⁷ | G0444 | Annual depression screening, 15 minutes. No co-insurance, no co-pay | $21.06²³ |
| | Medicare/Commercial | CPT²² | 96127 | Brief emotional/behavioral assessment with scoring and documentation, per standardized instrument. Up to 4 units can be billed per day | $6.94²³ |
| | Commercial | CPT²² | 96160 | Administration of patient-focused health risk assessment instrument (e.g., health hazard appraisal) with scoring and documentation, per standardized instrument. | $5.62²³ |
| | | | 96161 | Administration of caregiver-focused health risk assessment instrument (e.g., depression inventory) for the benefit of the patient, with scoring and documentation, per standardized instrument | $5.62²³ |
| Alcohol Assessments | Medicare | HCPCS²⁶, ²⁸ | G0396 | Alcohol and/or substance (other than tobacco) abuse structured screening and brief intervention services (SBIRT); 15 to 30 min | $37.51²³ |
| | Commercial | CPT²², ²⁹ | 99408 | Annual alcohol misuse screening in adults, 15 min. Preventive service: no coinsurance, no deductible for patient. | $33.41²⁹ |
| | Medicare | HCPCS²⁶, ³⁰ | G0442 | Brief face-to-face behavioral counseling interventions for individuals who screen positive for alcohol misuse 15 min. No coinsurance, no deductible, no co-pay | $29.09²³ |
| Collaborative Care Model Codes | Medicare | HCPCS²⁶, ³¹ | G0502 | Initial psychiatric care management, 70 min. | $162.80²³ |
| | | | G0503 | Subsequent psychiatric care management, 60 min | $143.84²³ |
| | | | G0504 | Initial/subsequent psychiatric care management, additional 30 min | $75.07²³ |
| | | | G0507 | Care management for behavioral health conditions services, minimum 20 min, directed by a physician. | $54.17²³ |
The multi-condition mental health assessment, the M3 Checklist, can be used to identify and monitor mental health symptoms in many settings, as seen below. Alone or in the presence of comorbid medical conditions, mental health disorders often interfere with patients’ adherence to treatment and impair their ability to function at home and work. Detection, treatment, and monitoring of patients’ mental health conditions in many settings enhances function, improves outcomes, and decreases re-hospitalizations.

<table>
<thead>
<tr>
<th>Use Cases</th>
<th>Logic</th>
<th>How Often to Administer</th>
</tr>
</thead>
<tbody>
<tr>
<td>Annual Physical</td>
<td>Annual review to see if there is a problem²⁷</td>
<td>Once a Year unless there are signs during the year³²</td>
</tr>
<tr>
<td>Monitoring those in therapy or receiving medication</td>
<td>Monitor progress to adjust treatment to improve outcomes³³</td>
<td>43.6 million patients have dealt with a mental disorder in the past year. USPSTF suggests using clinical judgment in consideration of risk factors to determine if additional screening is warranted³⁴</td>
</tr>
<tr>
<td>Readmission reduction efforts</td>
<td>Mental illness increases the chances of readmissions³⁵</td>
<td>Depression and mental illness are responsible for up to 20% of rehospitalizations (at discharge)³⁵</td>
</tr>
<tr>
<td>Behavioral Health / Employee Assistance</td>
<td>Minimize absenteeism and “presenteeism”³⁶, ³²</td>
<td>Every 6 to 12 months routinely³⁶, ³²</td>
</tr>
<tr>
<td>Specialty Settings</td>
<td>High rates of mental illness and physical illness comorbidity⁷, ³⁷</td>
<td>• OB/GYN (Post Partum)⁶, ³⁴</td>
</tr>
<tr>
<td></td>
<td></td>
<td>• Endocrine (Diabetes, Hypothyroidism)⁷, ³⁷</td>
</tr>
<tr>
<td></td>
<td></td>
<td>• Cardiology (Myocardial Infarction)⁷, ³⁷</td>
</tr>
<tr>
<td></td>
<td></td>
<td>• Neurology (Stroke, TBI, Epilepsy)⁷, ³⁷ (Annually)</td>
</tr>
</tbody>
</table>
One in five patients may harbor diagnosable mental illness. Primary care is the first line of defense in identification of these disorders. The majority of mental health visits occur with primary care physicians, and these same professionals write the bulk of antidepressant and anti-anxiety prescriptions for mood and anxiety disorders. The M3 Checklist, an evidence-based and validated multi-condition mental health screening tool, enables LabCorp to help physicians identify patients that can benefit from treatment.

This schedule uses practice information, annual prevalence rates of behavioral health disorders and current CPT codes to project costs and revenues for primary care practices implementing routine annual mental health and alcohol use disorder assessments. Two billing codes are used in this model:

- **96103** for the M3 Checklist, a computer based multi-condition mental health assessment
- **G0442** for an annual preventive service alcohol screen

Patients whose scores are out of range for either assessment would receive follow-up care for 3 months. Progress is monitored through a monthly follow-up assessment for these three months. Adjustment to care is informed by changes to the M3 Checklist and AUDIT-C scores.

It is estimated that out of a practice of 1,500 patients, approximately 238 would be at risk for a mental health condition and would require further treatment. Implementing annual screens for a panel of patients with serial assessments of those patients with a mental health diagnoses would generate $34,650 in annual income.

### Model Elements

<table>
<thead>
<tr>
<th>Model Elements</th>
<th>Assumptions Annually</th>
<th>Model</th>
</tr>
</thead>
<tbody>
<tr>
<td>Number of Providers</td>
<td>1</td>
<td>1</td>
</tr>
<tr>
<td>Patients in Provider Panel</td>
<td>1,500</td>
<td>1,500</td>
</tr>
<tr>
<td>Patients Receiving MH Assessment</td>
<td>70%</td>
<td>1,050</td>
</tr>
<tr>
<td>Patients at Risk of MH condition</td>
<td>16.7%</td>
<td>175</td>
</tr>
<tr>
<td>Patients at Risk for Alcohol Misuse</td>
<td>6%</td>
<td>63</td>
</tr>
<tr>
<td>Patients with Both MI and AUD</td>
<td>3.3%</td>
<td>8</td>
</tr>
<tr>
<td>Patients at Risk of BH Conditions</td>
<td>-</td>
<td>238</td>
</tr>
</tbody>
</table>

### Assumptions Annually

| Number of Assessments for Identification | - | 1,050 |

### Reimbursement per review

| 96103 | $30 | $31,500 |
| G0442 | $21 | $22,050 |

### Total Reimbursement for MH and SUD Review

| $51 | $53,550 |

### Cost to Administer Assessments

| $18 | $18,900 |

### Net Income from Assessment Effort

| $33 | $34,650 |
1. **What are Mood and Anxiety Disorders?**

A mood disorder is any of several psychological disorders characterized by the elevation or lowering of a person’s mood, such as depression and bipolar disorder. There are various anxiety disorders, such as panic disorder, obsessive-compulsive disorder, a phobia, or generalized anxiety disorder. These disorders are characterized by excessive or unrealistic anxiety about two or more aspects of life. Changes related to mood or anxiety disorders are typically distressing to the individual and their family and often impair work and school performance.

2. **How many Americans Suffer from Mood and Anxiety Disorders?**

According to the most recent national survey by the federal Substance Abuse and Mental Health Services Administration (SAMHSA), 1 in 5 US adults suffer with a mental condition. Annually, anxiety disorders affect 18 percent of adults and depression impacts nearly 10 percent. 20 percent of patients diagnosed with depression are in fact suffering from bipolar disorder. Unfortunately, less than 50 percent of patients receive any help for these mental health conditions.

3. **What is the M3 Checklist?**

The M3 Checklist is a 27-question, web-based, patient-rated checklist for symptoms of depression, anxiety, bipolar disorder, suicidality, and substance misuse that takes 5 minutes to complete. Responses to the Checklist are quantified and calculated into an individual’s risk of suffering from a mental health condition. Reports are sent directly to the electronic health record in the typical LabCorp report format, which highlights out-of-range responses. The information provided by the M3 Checklist report facilitates doctor-patient discussion of relevant mental health issues during their office visit. The Checklist directs the clinician toward a diagnosis and helps patients be aware of their mental health needs.

4. **What is the AUDIT-C?**

The Alcohol Use Disorders Identification Test—Consumption (AUDIT-C) is a brief, 3-question, validated screen for risky drinking and alcohol misuse and dependence.

5. **Who can Benefit from Taking the M3 Checklist?**

Anyone 18 years or older may complete the M3 Checklist, and the results can help that person identify and track any symptoms it may reveal. Clinicians and health care practices can benefit from the M3 Checklist by gaining access to a more comprehensive understanding of each patient’s clinical presentation. This is especially valuable for primary care practices, because undiagnosed or under-treated mood, anxiety, and alcohol use disorders can delay or block responses to medical therapies and often result in worse outcomes for comorbid chronic medical conditions, the costs of which double with comorbid behavioral health conditions (and 80 percent of those excess costs are on the medical side). Within the tight time constraints of a typical office visit, the Checklist provides an algorithm for up-to-date, evidence-based treatment of mood and anxiety disorders that might otherwise go untreated.

6. **How Does the M3 Checklist Help Ensure Appropriate Mental Health Care?**

The M3 Checklist is not designed to diagnose mental illness on its own. Rather, it is meant to elicit a symptom profile that may indicate a psychiatric illness. Physicians must use the symptoms checklist responses and risk assessment provided as a basis for formulating a diagnosis and treatment.

7. **How Often Will Patients Complete the M3?**

After patients complete the initial screen and have begun appropriate treatment and/or therapy, they should be screened monthly to monitor changes in the Checklist total score and sub-scores. Subsequent
assessments may be ordered as part of routine check-ups or to inform ongoing treatment decisions.\textsuperscript{33,34}

8. How Was the M3 Checklist Validated?

A research group from the University of North Carolina headed by Dr. Bradley Gaynes conducted a study of 650 patients at the UNC Family Practice Clinic.\textsuperscript{1} This study confirmed the validity of the M3 Checklist as a diagnostic tool utilizing the Mini International Neuropsychiatric Interview as a standard.

9. Who Created M3?

The M3 Checklist was created in 2003 by Robert Post, MD, head of the Bipolar Collaborative Network and a psychiatrist with the National Institute for Mental Health for 30 years; Bernard Snyder, MD, Assistant Clinical Professor of Psychiatry (retired) at Georgetown University; Michael Byer, President and co-founder of M3 Information; and Gerald Hurowitz, MD, Assistant Clinical Professor of Psychiatry at Columbia University and Chief Medical Officer of M3 Information.

10. Do Other Tools Like the M3 Already Exist?

Several other tests provide some functions present in the Checklist. However, the M3 Checklist is unique in eliciting patient-reported symptoms dealing with depression, anxiety disorders, PTSD, bipolar disorder, suicidality, and substance misuse in one web-based checklist and in integrating the results into a primary practice’s workflow and electronic health record. M3 Checklist’s exclusive availability through LabCorp’s test catalogue also means it is more accessible and more easily reimbursable than other tools.

11. How are the M3 Checklist and AUDIT-C Ordered?

The M3 Checklist and AUDIT-C are found in the LabCorp test catalogue at \url{www.labcorp.com/test-menu/search}.

12. What are the Advantages of the Collaboration of M3 Information & LabCorp?

The collaboration between M3 Information and LabCorp brings advantages to patients and clinicians alike. Together, M3 and LabCorp are able to offer a multi-condition assessment tool that is easily accessible to clinicians and patients, seamlessly integrated into EHRs, and reimbursable under billing codes recognized by Medicare and most commercial insurance plans. Availability of assessment under this arrangement further the integration of mental health with general health care by providing effective and efficient mental health screening through LabCorp’s extensive network of clinical settings. Individuals will receive better care and clinicians will see improved outcomes over a broad range of conditions – from stroke, diabetes, and cancer to targeted mental health conditions including depression, bipolar disorder, anxiety disorders, post-traumatic stress disorder, and alcohol misuse disorder. The aggregated information stemming from the assessments will help improve population health approaches, as well. Through LabCorp’s extensive network and high standard of care and M3 Checklist’s emphasis on symptom identification and treatment adherence, this collaboration has the potential to produce a quantum leap in the quality of mental health treatment, which could lead to better patient outcomes, increased efficiency for practices, and significant savings for the healthcare system at large.

13. How do you implement the M3 Checklist through LabCorp?

Two steps need to be completed by the practice, LabCorp and M3 Information. First, M3 will establish the practice as a “client bill,” and the secondly the order needs to be in a “stand-alone” order. When orders are placed through electronic health records (EHRs), the EHR will need to collect the order date and time and the patient’s (or clinic’s) email address. The email information is collected through an “Ask at Order Entry” prompt. The LabCorp support team will work with practices to complete these two data elements, identifying which fields to place in the order message.
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Appendix A

Feasibility and Diagnostic Validity of the M-3 Checklist: A Brief, Self-Rated Screen for Depressive, Bipolar, Anxiety, and Post-Traumatic Stress Disorders in Primary Care

Abstract

Purpose: Mood and anxiety disorders are the most common psychiatric conditions seen in primary care, yet they remain underdetected and undertreated. Screening tools can improve detection, but available instruments are limited by the number of disorders assessed. We wanted to assess the feasibility and diagnostic validity of the My Mood Monitor (M-3) checklist, a new, 1-page, patient-rated, 27-item tool developed to screen for multiple psychiatric disorders in primary care.

Methods: We enrolled a sample of 647 consecutive participants aged 18 years and older who were seeking primary care at an academic family medicine clinic between July 2007 and February 2008. We used a 2-step scoring procedure to make screening more efficient. The main outcomes measured were the sensitivity and specificity of the M-3 for major depression, bipolar disorder, any anxiety disorder, and post-traumatic stress disorder (PTSD), a specific type of anxiety disorder. Using a split sample technique, analysis proceeded from determination of optimal screening thresholds to assessment of the psychometric properties of the self-report instrument using the determined thresholds. We used the Mini International Neuropsychiatric Interview as the diagnostic standard. Feasibility was assessed with patient and physician exit questionnaires.

Results: The depression module had a sensitivity of 0.84 and a specificity of 0.80. The bipolar module had a sensitivity of 0.88, and a specificity of 0.70. The anxiety module had a sensitivity of 0.82 and a specificity of 0.78, and the PTSD module had a sensitivity of 0.88 and a specificity of 0.76. As a screen for any psychiatric disorder, sensitivity was 0.83 and specificity was 0.76. Patients took less than 5 minutes to complete the M-3 in the waiting room, and less than 1% reported not having time to complete it. Eighty-three percent of clinicians reviewed the checklist in 30 or fewer seconds, and 80% thought it was helpful in reviewing patients’ emotional health.

Conclusion: The M-3 demonstrates utility as a valid, efficient, and feasible tool for screening multiple common psychiatric illnesses, including bipolar disorder and PTSD, in primary care. Its diagnostic accuracy equals that of currently used single-disorder screens and has the additional benefit of being combined into a 1-page tool. The M-3 potentially can reduce missed psychiatric diagnoses and facilitate proper treatment of identified cases.

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Conflicts of interest: listed at the end of this article

Screening for Depression in Adults

US Preventive Services Task Force Recommendation Statement

Screening Tests

Treating depressed adults and older adults identified through screening in primary care settings with antidepressants and/or psychotherapy decreases clinical morbidity. USPSTF also found that programs combining depression screening and feedback with staff assisted depression care supports improve clinical outcomes in adults. There is fair evidence that screening and feedback alone without staff-assisted care supports do not improve clinical outcomes in adults.

All positive screening results should lead to additional assessment that considers severity of depression and comorbid psychological problems (e.g. anxiety, panic attacks, or substance abuse), alternate diagnoses, and medical conditions. Patients who screen positive should be appropriately diagnosed and treated with evidence-based care or referred to a setting that can provide the necessary care.

The USPSTF found adequate evidence that the magnitude of harms of screening for depression in adults is small to none.
