

Sample LabCorp Report Highlighting the M3 Scores

How to Review this 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, i.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 RANGE" identifies the expected baseline range for each item.

- M3 Score** indicates the overall level of mental health symptom burden. Greater than 32 is flagged as High. It includes the **M3 Gateway**, which, when positive, indicates impairment in functional status and overall level of diagnosis risk. The Gateway is positive if any of the five Gateway questions (Q5 & Q24-27) are positive.
- Diagnosis Risk.** A psychiatric diagnosis 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.
- The **Gateway Questions** (questions 5 and 24 through 27) address functional impairment, substance use, and thoughts of suicide. Suicide assessment is included to minimize risk when treating mood and anxiety disorders. Positive answers to these questions should be followed by additional inquiries to better understand the patient's response and to determine whether this is a change or there is need for further intervention.
- Symptom Severity** indicates the severity of symptoms for each of the four clinical conditions. These sub-scores are most sensitive to change over time, and their review should be combined with reviewing at the responses for each condition.
- 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 can be targets for more detailed review with the patient. Categorically, the questions track symptoms as follows:

- Depression: 1-7
- Anxiety: 8-19 (GAD 8-9; Panic 10-11; Social 12; OCD 17-19)
- PTSD: 13-16
- Bipolar: 20-23

Specimen Number		Patient ID	Control Number	Account Number	Account Phone Number	Route
116-M32-0003-0		67867867	67867867	74320006	336-436-8272	50
LABCORP				Account Address		
Patient First Name		Patient Middle Name		Vice Testing		
TESTONE				3060 S CHURCH ST KOURY CTR		
Patient SS#		Patient Phone		BURLINGTON NC 27215		
Age (Y/M/D)		Date of Birth	Sex	Fasting		
18/05/15		11/11/98	F			
Patient Address				Additional Information		
Date and Time Collected		Date Entered	Date and Time Reported	Physician Name	NPI	Physician ID
04/26/17 12:55		04/26/17	04/26/17 16:10ET	GREENFIEL, D	2000000001	
Tests Ordered						
M3 CHECKLIST and AUDIT-C						
TESTS	RESULT	FLAG	UNITS	REFERENCE INTERVAL	LAB	
M3 CHECKLIST and AUDIT-C						
Assessment Date/Time						01
04/26/2017 02:53PM EDT						
1	M3 Score	59	High	0-32	01	
	M3 Gateway	Positive-Hi	High	Negative	01	
2	DIAGNOSIS RISK					
	Depression Dx Risk	Positive-Med	High	Negative	01	
	Bipolar Diagnosis Risk	Positive-Lo	High	Negative	01	
	Anxiety Diagnosis Risk	Positive-Hi	High	Negative	01	
	PTSD Diagnosis Risk	Positive-Med	High	Negative	01	
3	GATEWAY QUESTIONS					
	Q5 Thoughts of suicide	Sometimes	High	None	01	
	Q24 Impairs work school	Sometimes		No-Sometimes	01	
	Q25 Impairs friends family	Often	High	No-Sometimes	01	
	Q26 Led to using alcohol	None		No-Sometimes	01	
	Q27 Led to using drugs	None		None	01	
4	SYMPTOM (Sx) SEVERITY					
	M3 Depression Sx Subscore	15	High	0 - 12	01	
	Reference Range:					
	None	Mild	Mod	Severe		
	0-6	7-12	13-19	20-28		
	M3 Bipolar Sx Subscore	5		0 - 7	01	
	Reference Range:					
	None	Mild	Mod	Severe		
	0-3	4-7	8-11	12-16		
	M3 Anxiety Sx Subscore	34	High	0 - 21	01	
	Reference Range:					
	None	Mild	Mod	Severe		
	0-10	11-21	22-33	34-48		
	M3 PTSD Sx Subscore	9	High	0 - 7	01	
	Reference Range:					
	None	Mild	Mod	Severe		
	0-3	4-7	8-11	12-16		
5	QUESTIONS					
	Q1 Feel sad, unhappy	Often	High	None-Rarely	01	
LABCORP, TESTONE		67867867	116-M32-0003-0	Seq # 0662		
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Sample LabCorp Report Highlighting the M3 Scores (continued)



M-3 Information LLC
155 Gibbs Street Suite 522
Rockville, MD 20850-0392

Phone:301-444-4414

LABCORP, TESTONE		Patient Name		Specimen Number	
Account Number	Patient ID	Control Number	Date and Time Collected	Date Reported	Sex
74320006	67867867	67867867	04/26/17 12:55	04/26/17	F

TESTS	RESULT	FLAG	UNITS	REFERENCE INTERVAL	LAB
Q2 Can't concentrate/focus	Sometimes	High		None-Rarely	01
Q3 Nothing gives pleasure	Sometimes	High		None-Rarely	01
Q4 Tired, no energy	Sometimes	High		None-Rarely	01
Q6A Difficulty sleeping	Sometimes	High		None-Rarely	01
Q6B Sleeping too much	Rarely			None-Rarely	01
Q7A Decreased appetite	Sometimes	High		None-Rarely	01
Q7B Increased appetite	Sometimes	High		None-Rarely	01
Q8 Tense anxious can't sit	Often	High		None-Rarely	01
Q9 Worried or fearful	Often	High		None-Rarely	01
Q10 Panic Attacks	Sometimes	High		None-Rarely	01
Q11 Dying losing control	Often	High		None-Rarely	01
Q12 Nervous shaky social	Often	High		None-Rarely	01
Q13 Nightmares, flashbacks	Rarely			None-Rarely	01
Q14 Jumpy, startled easily	Sometimes	High		None-Rarely	01
Q15 Avoids places	Often	High		None-Rarely	01
Q16 Dull numb or detached	Often	High		None-Rarely	01
Q17 Can't get thoughts out	Most time	High		None-Rarely	01
Q18 Must repeat rituals	Often	High		None-Rarely	01
Q19 Need to check/recheck	Most time	High		None-Rarely	01
Q20 More energy than usual	Sometimes	High		None-Rarely	01
Q21 Irritable angry	Sometimes	High		None-Rarely	01
Q22 Excited revved high	Rarely			None-Rarely	01
Q23 Needed less sleep	None			None-Rarely	01

Comments:

The M3 Score reflects relative symptom severity. The M3 Gateway, when positive, reflects a negative impact on lifestyle and function. Both are considered when assessing diagnosis risk and when comparing prior scores [1]. The Diagnosis Risk reflects the likelihood of having a diagnosis based on both the Symptom and the Gateway ratings when compared to the MINI [2]. Those who deny role impairment (Q24-25), substance abuse (Q26-27), and suicidal ideation (Q5), will have a negative Gateway and negative Diagnosis Risk, even with higher symptom scores. People with negative Gateways and M3 Scores less than 33 have the lowest likelihood of having a diagnosis.

The highest M3 Score is 108.

- A) All proposed categories of Risk (low, med, high) are positive and may be used for risk stratification pending further studies.
- B) The M-3 Checklist is a screening test designed to aid in the detection of common mental health conditions. It is not a diagnostic procedure and should not be used as the sole means of detecting these conditions. Both false-positive and false-negative reports do occur [1]. The diagnoses screened for include major depressive, bipolar, posttraumatic stress, and anxiety disorders (generalized anxiety, social anxiety, panic, and obsessive-compulsive disorders).

LABCORP, TESTONE	67867867	116-M32-0003-0	Seq # 0662
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M-3 Information LLC
155 Gibbs Street Suite 522
Rockville, MD 20850-0392

Phone:301-444-4414

LABCORP, TESTONE		Patient Name		Specimen Number	
Account Number	Patient ID	Control Number	Date and Time Collected	Date Reported	Sex
74320006	67867867	67867867	04/26/17 12:55	04/26/17	F

TESTS	RESULT	FLAG	UNITS	REFERENCE INTERVAL	LAB
C) When the Gateway Questions 24, 25, 26, or 27, or Question 5, are out of range, this suggests a positive impairment, meaning a likely impact on lifestyle.					
D) Symptom subscores in the Moderate or Severe range are flagged with a High.					
E) Patient instructions are as follows: For Q1-Q19: 'Over the past two weeks, have there been phases or periods when you have noticed the following?' For Q20-Q23: 'Since you last took this screen, have there been phases or periods when you have noticed the following?' For Q24-Q27: 'Have you noticed whether any of the symptoms you described:'					

References:

- [1] Gaynes et al., 2010. 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. Ann Fam Med 8(2):160.
- [2] Sheehan et al., 1998. The Mini-International Neuropsychiatric Interview (M.I.N.I.): The Development and Validation of a Structured Diagnostic Psychiatric Interview for DSM-IV and ICD-10. J Clin Psych 59(20):22.

Disclaimer:

This is not intended as a medical or other professional service, and the use of the M-3 Checklist or any other M3 materials is not intended to create, and does not create any medical or other professional services relationship. Use of the M-3 Checklist and other M3 materials is not an adequate substitute for obtaining medical or other professional advice, diagnosis or treatment from a qualified licensed healthcare provider. The M-3 Checklist and other M3 materials are provided 'as is' without any warranties of any kind, either express or implied, and M3 disclaims all warranties including liability for indirect or consequential damages. M3 Checklist was developed by M3 Information, and the assessment is made available through LabCorp, its exclusive US distributor.

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Sample LabCorp Report Highlighting the AUDIT-C Scores



M-3 Information LLC
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Phone: 301-444-4414

Specimen Number 122-M32-0001-0	Patient ID 123123123	Control Number 123123123	Account Number 74320006	Account Phone Number 336-436-8272	Route 50
Patient Last Name LABCORP		Account Address Vice Testing 3060 S CHURCH ST KOURY CTR BURLINGTON NC 27215			
Patient First Name TESTTHREE		Patient Middle Name			
Patient SS#	Patient Phone	Total Volume		Fasting	
Age (Y/M/D) 18/05/21	Date of Birth 11/11/98	Sex M			
Patient Address			Additional Information		
Date and Time Collected 05/02/17 15:10	Date Entered 05/02/17	Date and Time Reported 05/02/17 16:52ET	Physician Name GREENFIELD, D	NPI 2000000001	Physician ID

AUDIT-C Tests Ordered

TESTS	RESULT	FLAG	UNITS	REFERENCE INTERVAL	LAB
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AUDIT-C
Assessment Date/Time
05/02/2017 03:19PM EDT 01

1 **AUDIT-C** **Positive** **High** Negative 01
AUDIT-C Total Score **5** **High** 0-2 01

2 Q1 How often in past year 4+ weekly 01
Q2 How many on a typical day 3-4 drinks 01

Q3 6+ drinks per occasion Never Never 01
Comments: 01

A) AUDIT-C identifies people at high risk for heavy drinking (6+ at once) or for alcohol use disorder. A Positive test is a total score of 3 or higher (though some use 4 or higher for greater specificity [1]). The highest total score is 12.
B) Any positive response to Q3 despite a Negative test suggests further questioning.
C) For risk of heavy drinking, sensitivity is 0.98 and specificity is 0.57. For risk of alcohol use disorder, sensitivity is 0.90 and specificity is 0.45.

Reference: [1] Bush et al., 2003. The AUDIT Alcohol Consumption Questions (AUDIT-C). Arch Int Med 158:1789-95. 01

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How to Review this 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" shows the measure or question of the requested assessment results 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 RANGE" 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, quantity, and the presence of binge behavior. Any positive response to Question 3, despite a negative overall result, warrants further questioning.



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155 Gibbs Street Suite 522
Rockville, MD 20850-0392
Phone: 301-444-4414

Patient Name LABCORP, TESTTHREE					Specimen Number 122-M32-0001-0		
Account Number 74320006	Patient ID 123123123	Control Number 123123123	Date and Time Collected 05/02/17 15:10	Date Reported 05/02/17	Sex M	Age(Y/M/D) 18/05/21	Date of Birth 11/11/98

TESTS	RESULT	FLAG	UNITS	REFERENCE INTERVAL	LAB
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01	M3IMD M-3 Information LLC 155 Gibbs Street Suite 522, Rockville, MD 20850-0392 For inquiries, the physician may contact Branch: 800-762-4344 Lab: 301-444-4414	Dir: Gerald, Hurowitz, MD
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LABCORP, TESTTHREE	123123123	122-M32-0001-0	Seq # 0000
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