

# For immediate release:

## **International Experts Launch a Foundational Set of Standards to Measure and Improve Health and Care for Children and Young People with Depression & Anxiety Globally**

BOSTON, Massachusetts, March 20, 2020: The International Consortium for Health Outcomes Measurement (ICHOM) announced the release of their Paediatric Depression & Anxiety Standard Set today.

Leading mental health researchers, practitioners, and service user representatives from across Europe, the Americas, Africa, Asia, and Australia have joined forces to establish and launch the first international standard for measuring treatment outcomes for children and young people with depression and anxiety, including obsessive compulsive disorder (OCD) and post-traumatic stress disorder (PTSD), from 6 to 24 years of age. This marks an important step towards promoting data quality and availability, and strengthening mental health care for this group.

This collaboration was facilitated by ICHOM and made possible by the generous contributions of NHS England and NHS Improvement; the NSW Agency for Clinical Innovation, Australia; Providence Health Care, USA; and Region Västra Götaland, Sweden.

### **The ICHOM Working Group**

The Paediatric Depression & Anxiety Standard Set (PDASS) was developed by a dedicated ICHOM Working Group, comprised of 27 international experts and service user representatives, from 13 countries. A full list of organizations and representatives involved in this Working Group is available [here](#).

### **The Paediatric Depression & Anxiety Standard Set**

The PDASS makes a set of recommendations for how treatment outcomes should be measured in clinical practice. It recommends measuring seven health outcomes across the three broad domains of Functioning, Symptoms, and Suicidal Thoughts & Behaviour, as a minimum, for all children and young people seeking mental health support for depression, anxiety, OCD, or PTSD. For this purpose, it recommends a set of patient-, parent-, and clinician-reported outcome measures. To help ensure the Standard Set is relevant across different intervention contexts, the Working Group also recommends sixteen risk adjustment factors, to be collected along with the outcomes, as well as timepoints for measurement.

Measuring, reporting, and comparing these outcomes can help identify best practices in paediatric mental health care; ultimately generating value and better outcomes for service users. The selected outcome measures being available in several languages, the Standard Set is assured to have increased adoption across countries.

An open-source [Reference Guide](#) is available that outlines recommendations for administering the set, time points, and a data dictionary for organizations to begin implementation.

Lived experience Working Group Member, Bryan Young, shares, “When it comes to discussing the mental health and well-being of youth and adolescents, it is imperative that their voices be centred and championed. Whether it’s around policy creation, the implementation of global standards, or in conversations with health care professionals about treatment and care, the voices of young people need to be heard and acknowledged. This is why I am so honoured to have had the privilege to work with this international committee, who did just that. ICHOM ensured there was lived experience representation during the creation of the international standard set; one which will ensure a standard of care for young people struggling with their mental health and will continue to encourage a global shift to patient-centred care for those who live with mental health struggles, or mental illness.”

### **Consumer Review Period**

The Working Group’s recommendations were validated during an Open Review period, in a large group of external stakeholders from around the world. In this review, all 100% of lived experience experts (i.e., young people with experience of service use or their parents/carers) reported that they would be happy for these outcome measures to be part of routine care and support. Over 75% of mental health practitioners, researchers, and policymakers surveyed across 45 countries, approved of the outcomes and measures recommended. There was over 80% agreement with risk adjustment variables recommended by the Working Group.

### **The Future of PDASS**

From its inception, ICHOM has made Standard Sets open source. Now that this recommendation is finalised, the real work can begin, ushering in a new season for value based paediatric mental health care. It will be invaluable to learn from implementation pilots that may emerge across the globe and inform future iterations of this global set of standards.

The Chair of the Working Group, Professor Miranda Wolpert of Wellcome Trust and UCL says, “I have been very impressed by the level of dedicated commitment of all working group members, with able support from the ICHOM team, to find the best set of measures for anxiety and depression for young people in clinical practice. It has been heartening to see the levels of global engagement and support for this set from both professionals, and those with lived experience of these difficulties. We hope that widespread adoption of these core measures will help services better collaborate to understand and improve the impact they have on all those they are seeking to help.”

For more information on the PDASS, the standard set flyer can be downloaded [here](#) and the reference guide [here](#).

More Information on The International Consortium for Health Outcomes Measurement:

*ICHOM’s mission is to unlock the potential of value-based health care by defining global standard sets of outcome measures that matter most to patients and driving adoption and reporting of these measures worldwide to create better value for all stakeholders. ICHOM was founded in 2012 by Professor Michael E. Porter of Harvard Business School, the Boston Consulting Group, and Karolinska Institute.*

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