2. Assess your state

2.0 Operation

The assessment comprises two tests, PHQ (2 questions) and GAD (7 questions).
For the user, this separation is not visible, but for us it is important because the weighting of each test has a different effect on the results.
(PHQ-2, significance =>3; GAD-7=>10)

Answers score

Both tests measure the presence of the symptom during the previous 2 weeks and have 4 answers (Likert scale) with the following weighting
- No days = 0 points
- Less than 7 days = 1 point
- More than 7 days = 2 points
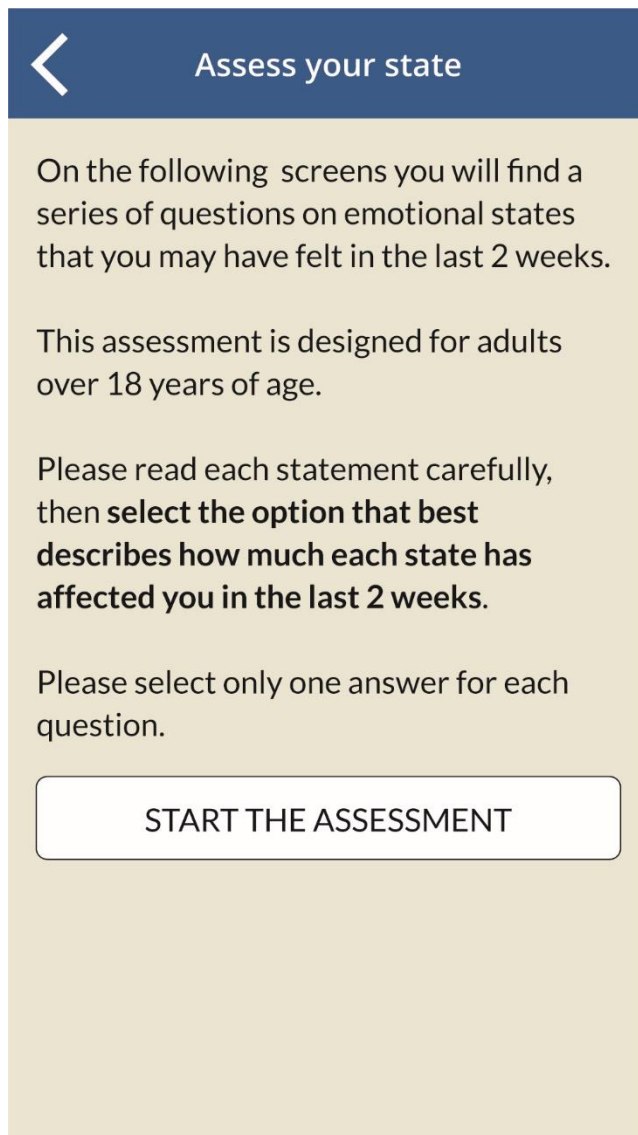- Almost every day = 3 points

Distribution of results

Combining the total of the GAD and PHQ questions

GAD	0-5		6-10		11 or more	
PHQ	< = 3	> 3	< = 3	> 3	< = 3	> 3
Result	Value 4	Value 2	Value 3	Value 2	Value 2	Value 1
	OK	OK	OK	OK	OK	OK

- All zero

2.1 Introduction

Assess your state

On the following screens you will find a series of questions on emotional states that you may have felt in the last 2 weeks.

This assessment is designed for adults over 18 years of age.

Please read each statement carefully, then **select the option that best describes how much each state has affected you in the last 2 weeks**.

Please select only one answer for each question.

START THE ASSESSMENT

Screen with a text explaining what the test consists of and start button

On the following screens, you will find a series of questions on emotional states that you may have felt in the last 2 weeks.
Please read each statement carefully, then select the option that best describes how much each state has affected you in the last 2 weeks.
Please select only one answer for each question.

2.2 Questions

Question 1 of 9

In the last 2 weeks, how often have you felt malaise due to the following problem occurring?

You have had little interest or pleasure in doing things

NO DAYS

LESS THAN 7 DAYS

MORE THAN 7 DAYS

ALMOST EVERY DAY

We have 9 questions
The questions have a set order.
When I click on the answer, I move onto the next question
We have a back button
On the nav Bar we show **Question X of 9**
The answers are displayed as buttons below the statement

PHQ-2 questions

1. ("phq1":)In the last 2 weeks, how often have you felt malaise due to the following problem occurring?
   You have had little interest or pleasure in doing things

2. ("phq2":)In the last 2 weeks, how often have you felt malaise due to the following problem occurring?
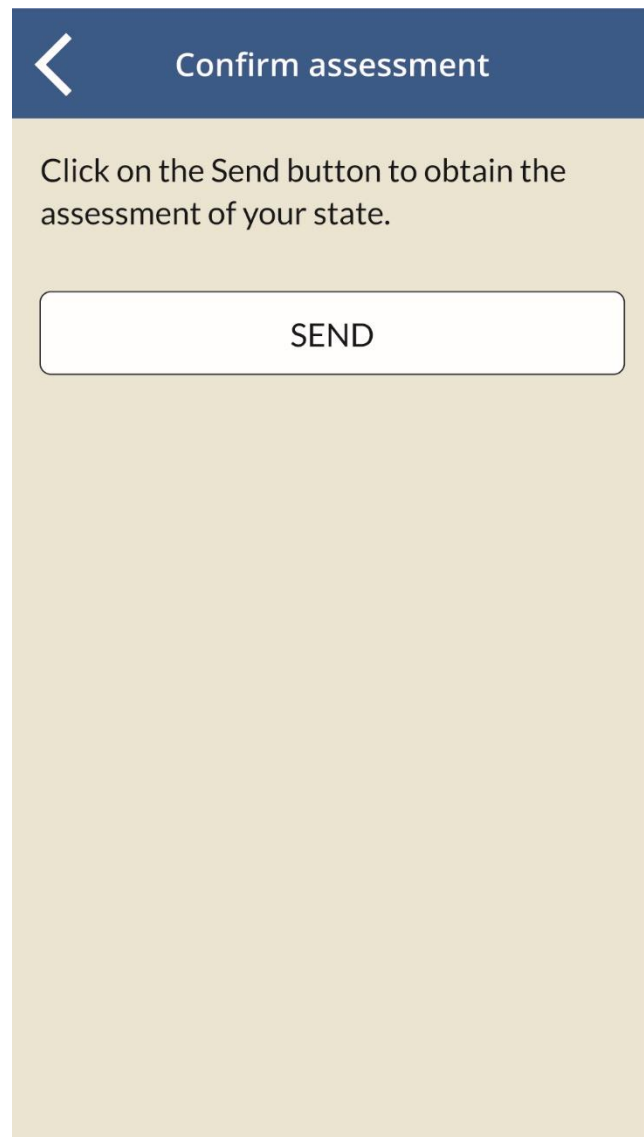   **You have felt listless, depressed, or hopeless**

GAD-7 questions

3. ("gad1":)In the last 2 weeks, how often have you felt malaise due to the following problem occurring?
   You have felt nervous, anxious, or very unsettled

4. ("gad2":)In the last 2 weeks, how often have you felt malaise due to the following problem occurring?
   You have not been able to stop worrying

5. ("gad3":)In the last 2 weeks, how often have you felt malaise due to the following problem occurring?
   You have worried excessively about different things

6. ("gad4":)In the last 2 weeks, how often have you felt malaise due to the following problem occurring?
   You have had difficulty relaxing

7. ("gad5":)In the last 2 weeks, how often have you felt malaise due to the following problem occurring?
   You have felt so restless that you weren´t able to sit still

8. ("gad6":)In the last 2 weeks, how often have you felt malaise due to the following problem occurring?
   You have been easily irritated or angered

9. ("gad7":)In the last 2 weeks, how often have you felt malaise due to the following problem occurring?
   You have felt fear, as if something terrible were going to happen

ALL THE RESULTS OF THE QUESTIONS WILL HAVE TO BE SHARED
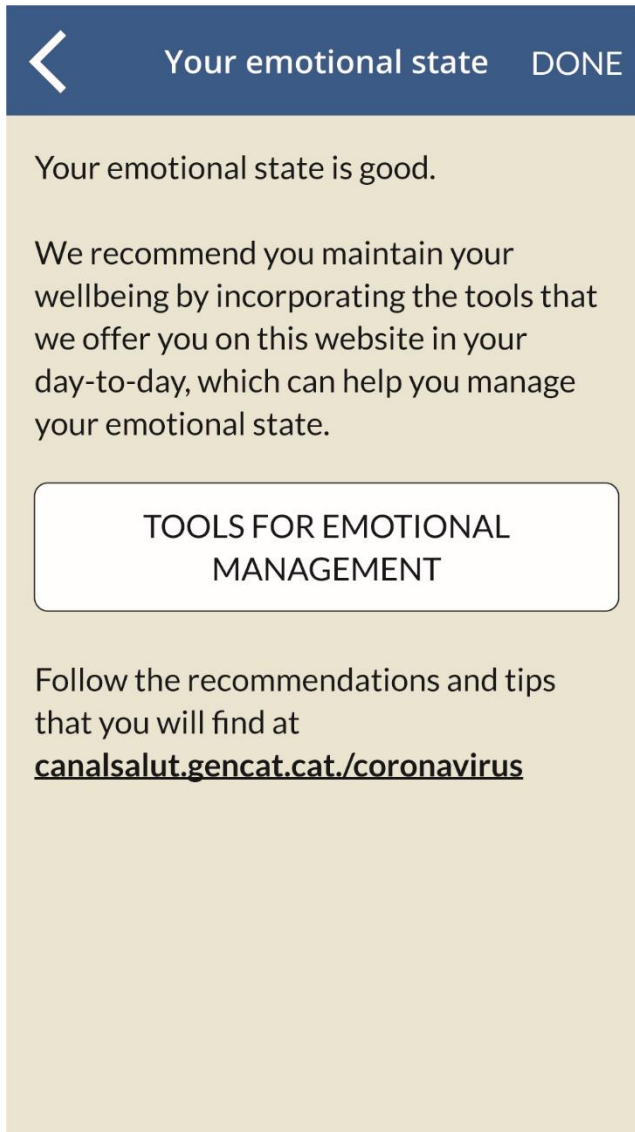**Detail in section Data Structure**

Answer sending screen

Click on the Send button to obtain the assessment of your state.

SEND

2.3 Results

When the total of the results is done by following [the weightings table](#) each value receives the respective result
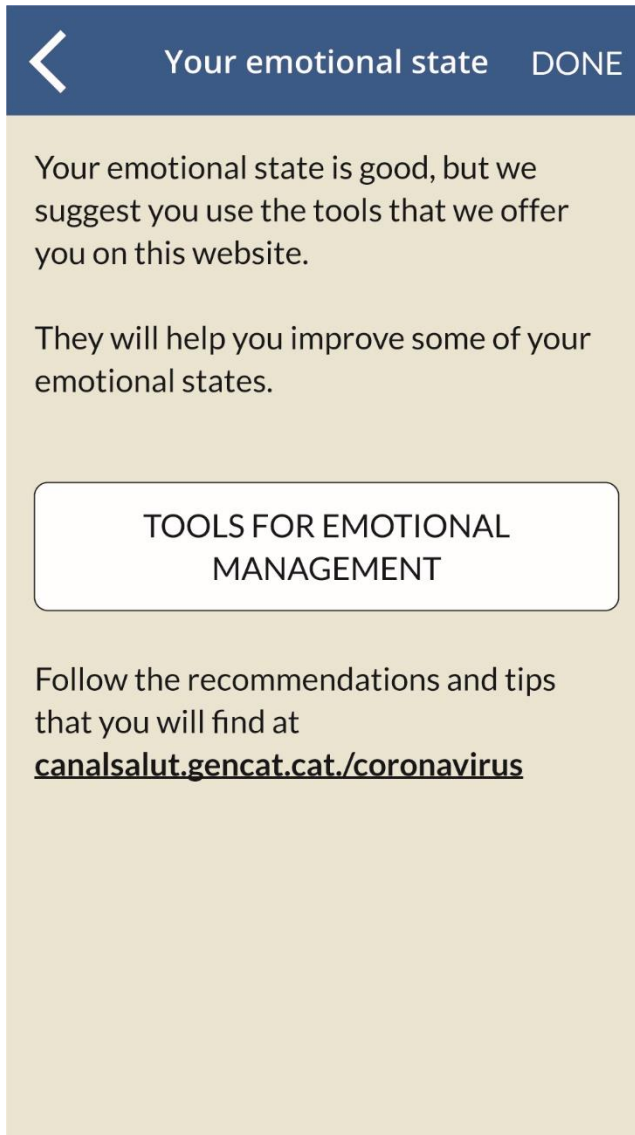
Answer 4

| Your emotional state | DONE |

Your emotional state is good.

We recommend you maintain your wellbeing by incorporating the tools that we offer you on this website in your day-to-day, which can help you manage your emotional state.

TOOLS FOR EMOTIONAL MANAGEMENT

Follow the recommendations and tips that you will find at **canalsalut.gencat.cat./coronavirus**

- The arrow allows you to go back to question 9
- The Done button goes back to Home
- The Tools button opens the Symptoms Management screen in the Tools tab
- The recommendations link opens the URL in a new tab

Answer 3

Your emotional state DONE

Your emotional state is good, but we suggest you use the tools that we offer you on this website.

They will help you improve some of your emotional states.

TOOLS FOR EMOTIONAL MANAGEMENT

Follow the recommendations and tips that you will find at
canalsalut.gencat.cat./coronavirus

- The arrow allows you to go back to question 9
- The Done button goes back to Home
- The Tools button opens the Symptoms Management screen in the Symptoms tab
- The recommendations link opens the URL in a new tab

Answer 2

Your emotional state — DONE

You appear to not be emotionally well. We suggest you seek professional support.

Leave us your contact details and briefly describe what is worrying you, and a mental health professional will contact you within 72 hours.

CONTACT FORM

We suggest you use the tools that we offer you on this website. They will help you improve some of your emotional states.

TOOLS FOR EMOTIONAL MANAGEMENT

Follow the recommendations and tips that you will find at **canalsalut.gencat.cat./coronavirus**

- The arrow allows you to go back to question 9
- The Done button goes back to Home
- The Form button opens the form screen
- The Tools button opens the Symptoms Management screen in the Symptoms tab
- The recommendations link opens the URL in a new tab

Answer 1

Your emotional state — DONE

You appear to not be psychologically well. We recommend you get professional help.

Call the Emotional Management phone number

900 161 061

Or leave us your contact details and briefly describe what is worrying you, and a mental health professional will contact you within 72 hours.

CONTACT FORM

We suggest you use the tools that we offer you on this website. They will help you improve some of your emotional states.

TOOLS FOR EMOTIONAL MANAGEMENT

Follow the recommendations and tips that you will find at
canalsalut.gencat.cat./coronavirus

- The arrow allows you to go back to question 9
- The Done button goes back to Home
- The number button allows you to call (if you are using a mobile phone)
- The Form button opens the form screen
- The Tools button opens the Symptoms Management screen in the Symptoms tab
- The recommendations link opens the URL in a new tab

Contact form for 1 and 2

Form

Complete the form and a mental health professional will contact you within 72 hours.

Name *

Surname *

DNI / NIE / Passport

Phone *

Email

Describe what is happening to you

Help us better understand your situation by checking in the following list the conditions that apply to your situation. You can check more than one.

Do you have thoughts about taking your own life? ☐

Have you suffered the loss of a loved one from coronavirus SARS-COV-2? ☐

Do you have a relative who has been admitted to hospital for coronavirus SARS-COV-2? ☐

Do you spend time with anyone who is high risk and who has coronavirus SARS-COV-2 symptoms? ☐

Are you currently in psychiatric treatment? ☐

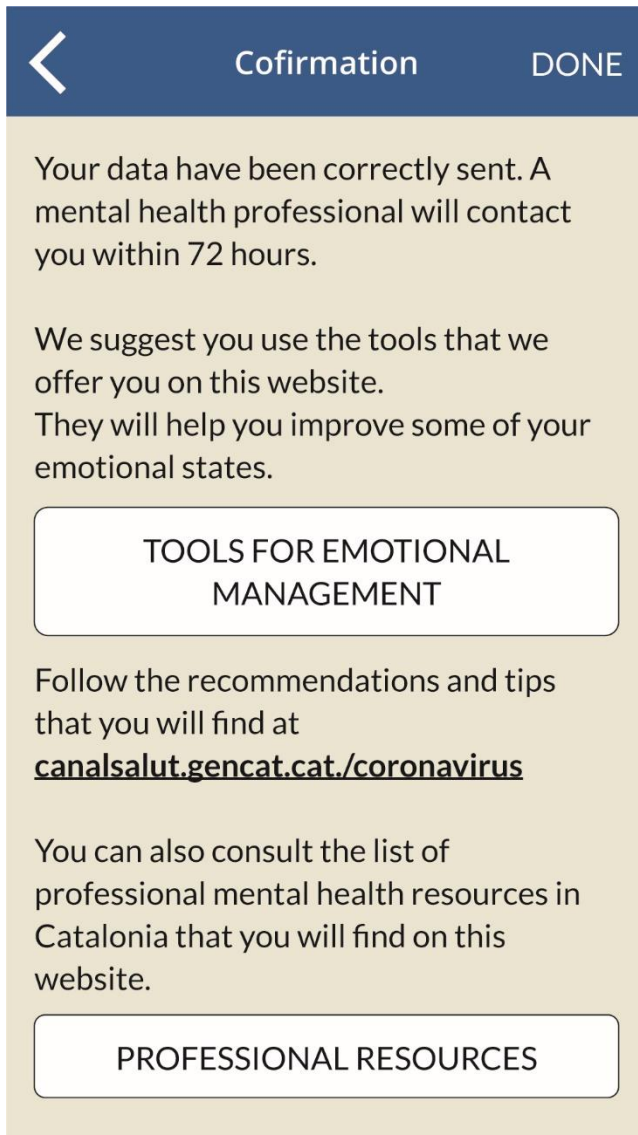Have you previously been in psychiatric treatment? ☐

ENVIAR

When you click on send the form + the questions are sent to the mediator, in order to apply the respective protocol, and the user views the confirmation screen

**We will add a CIP field before DNI
** It will be compulsory to complete at least one of the two fields

Confirmation

Your data have been correctly sent. A mental health professional will contact you within 72 hours.

We suggest you use the tools that we offer you on this website.
They will help you improve some of your emotional states.

TOOLS FOR EMOTIONAL MANAGEMENT

Follow the recommendations and tips that you will find at
canalsalut.gencat.cat./coronavirus

You can also consult the list of professional mental health resources in Catalonia that you will find on this website.

PROFESSIONAL RESOURCES

- The arrow allows you to go back to the Diagnosis
- The Done button goes back to Home
- The Tools button opens the Symptoms Management screen in the Symptoms tab
- The recommendations link opens the URL in a new tab

Treatment of Priority Criteria

To establish a priority in the contact demands, we give a score to the criteria questions as follows

Do you have thoughts about taking your own life?
Have you suffered the loss of a loved one from coronavirus SARS-COV-2?
Do you have a relative who has been admitted to hospital for coronavirus SARS-COV-2?
Do you spend time with anyone who is high risk and who has coronavirus SARS-COV-2 symptoms?
Are you currently in psychiatric treatment?
Have you previously been in psychiatric treatment?

Question	Points
1. Do you have thoughts about taking your own life?	10
2. Have you suffered the loss of a loved one from coronavirus SARS-COV-2?	5
3. Do you have a relative who has been admitted to hospital for coronavirus 4 SARS-COV-2?	4
4. Do you spend time with anyone who is high risk and who has coronavirus SARS-COV-2 symptoms?	3
5. Are you currently in psychiatric treatment?	2
6. Have you previously been in psychiatric treatment?	1

Example:
A person who has only checked the box of the first question will have a score of 10
Therefore, they will have a higher priority than someone who has checked boxes 2 and 5, who would have a score of 7

2.4 Data capture and sending

Time of sending of data

1. **Answers 4 and 3**
   1.1. The data are sent when the user exits the Answer screen
2. **Answer 1 and 2**
   2.1. *The user opens and sends the form*: the data are sent at this time, accompanied by the data from the form
   2.2. *If the user opens and does not send the form*
       2.2.1. Go back to the answer: nothing is sent and we move onto case 2.3
       2.2.2. Other action: data are sent anonymously when exiting the screen
   2.3. *If the user is on the Answer screen and carries out any action other than send the form,* we send data anonymously

Sending of data

Three groups of data will be sent

1. **Results of the assessment**: Answer Obtained (value 1, 2, 3 or 4)
   1.1. PHQ value: total of the points obtained in the PHQ questions
       1.1.1. PHQ question 1: score of the answer to this question (value from 0 to 3)
       1.1.2. PHQ question 2: score of the answer to this question (value from 0 to 3)
   1.2. GAD value: total of the points obtained in the GAD questions
       1.2.1.1. GAD question 1: score of the answer to this question (value from 0 to 3)
       1.2.1.2. GAD question 2: score of the answer to this question (value from 0 to 3)
       1.2.1.3. …
   1.3. Date of sending

2. **Contact data**
   2.1. Name
   2.2. Surname
   2.3. DNI/NIE/Passport
   2.4. Telephone
   2.5. Email
   2.6. Description
3. **Priority Criteria**: total value (total of the points of the questions as they are defined h[ere](#))
   3.1. *suicide*: answer of the user (the value *true* is sent for those users who have checked the box, and *false* for those who have not checked it)
   3.2. *grief*: answer of the user (the value *true* is sent for those users who have checked the box, and *false* for those who have not checked it)

3.3. ***hospitalization***: answer of the user (the value *true* is sent for those users who have checked the box, and *false* for those who have not checked it)

3.4. ***risk***: answer of the user (the value *true* is sent for those users who have checked the box, and *false* for those who have not checked it)

3.5. ***treatment***: answer of the user (the value *true* is sent for those users who have checked the box, and *false* for those who have not checked it)

3.6. ***historic***: answer of the user (the value *true* is sent for those users who have checked the box, and *false* for those who have not checked it)

Security Recommendations

The above data will be sent via an application/json POST request, duly authorized, according to the authentication scheme selected and implemented by/in the service that receives the data.

For this purpose and taking into account the architecture of the application, Lavinia advises against the use of password-based authentication systems and recommends the use of opaque token-based systems (for example, JWT or other alternative), issued and digitally signed by the service that receives the data or by the respective authorization service. To reach a compromise between security and simplicity in the implementation, the service could limit the shelf life of the tokens it issues (to avoid their exposure during a long period of time) and supply these tokens generated to the application.

Sending and identification URL

The data collated in the form are sent to a back-end implemented in .NET, developed independently from the emotional management customer application, which is in charge of processing and storing the data. The sending consists of an application/json POST request, whose destination is the URL: https://gestorapi.gencat.cat/gestio-emocional/SetTest, and whose body contains a JSON with the data structure.

For the purposes of authentication, the back-end developer provided us with a static token, consisting of an ad-hoc generated UUID for the customer. This token is sent in each request to back-end in the heading X-IBM-Client-Id.

Data Structure that will be sent to CatSalut

```
{
  "testData": {
    "user": {,
      "name": "name",
      "surname": "surname",
      "cip": "cip_code",
      "ic": "identity_card",
      "phone": "phone",
      "email": "email",
      "message": "message"
    },
    "phq2": {
      "phq1": 0.0,
      "phq2": 0.0,
      "total": 0.0
    },
    "gad7": {
      "gad1": 0.0,
      "gad2": 0.0,
      "gad3": 0.0,
      "gad4": 0.0,
      "gad5": 0.0,
      "gad6": 0.0,
      "gad7": 0.0,
      "total": 0.0
    },
    "check": {
      "check1": 0.0,
      "check2": 0.0,
      "check3": 0.0,
      "check4": 0.0,
      "check5": 0.0,
      "check6": 0.0,
      "total": 0.0
    },
    "testResult": 0.0

  }
}
```

Values of the fields

- For answers 4 and 3 the user will be sent empty
- If we end up with the Urgent option, this will also apply for 2 and 1
- The ic field that refers to the identity document will be optional
- The email field will be optional. If it is decided not to include it, it will always be sent empty (so as not to have to modify the data structure)
- phqX or gadX makes reference to the questions related to the PHQ or GAD test
  - We will NOT send the literal statement of the questions, so that there is no difference between the languages (we have updated the questions chapter so that there is consistency with the data structure)
  - The values of these fields will be from 0 to 4
    - No days = 0 points
    - Less than 7 days = 1 point
    - More than 7 days = 2 points
    - Almost every day = 3 points
  - Total is the total of the questions:
- testresult indicates the value of the total answer of the test, as indicated in the weighting. It will be a value from 1 to 4, with 1 being the most serious level and 4 the least serious