

Survey reveals primary care providers want more patients to talk to them about mental health

Open communication between provider and patient is important amid the mental health epidemic and shortage of mental health specialists

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Myriad Neuroscience

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NEWS PACKAGE

SUGGESTED TEASE

MORE AND MORE AMERICANS ARE STRUGGLING WITH ANXIETY AND DEPRESSION, BUT THERE ARE FEWER AND FEWER MENTAL HEALTH SPECIALISTS TO TREAT THEM.

COMING UP, WHAT PRIMARY CARE PROVIDERS WANT PATIENTS TO KNOW WHEN IT COMES TO SEEKING TREATMENT FOR MENTAL HEALTH.

ANCHOR LEAD

A MENTAL HEALTH EPIDEMIC CONTINUES TO PLAGUE THE NATION, WITH MORE THAN FORTY PERCENT OF ADULTS REPORTING RECENT SYMPTOMS OF ANXIETY OR DEPRESSION¹.

PRIMARY CARE PROVIDERS ARE OFTEN THE FRONT LINE OF DEFENSE FOR THEIR PATIENTS' MENTAL HEALTH ISSUES. YET, RESEARCH FOUND THAT JUST ONE IN FOUR AMERICANS RECEIVED A DEPRESSION SCREENING DURING PRIMARY CARE VISITS.

NOW, NEW DATA IS LOOKING AT THE PROBLEM FROM THE PERSPECTIVE OF CLINICIANS, PROVIDING INSIGHT ON WHAT PRIMARY CARE PROVIDERS AND NURSE PRACTITIONERS BELIEVE IS NEEDED TO BRIDGE THE GAP IN COMMUNICATION BETWEEN PROVIDER AND PATIENT TO HELP GET MORE PEOPLE THE HELP THEY NEED.

BARB CONSIGLIO HAS THE DETAILS.

(PACKAGE START) -----

CG: Courtesy: Myriad Neuroscience,
makers of the GeneSight test
:00 - :03

Shots of Michele greeting Beth

(Nats - Sound) :02

NURSE PRACTITIONER MICHELE LONG HAS BEEN BETH'S PRIMARY CARE PROVIDER FOR YEARS, SO IT WAS THE FIRST PLACE BETH WENT AFTER REALIZING SHE WAS EXPERIENCING SYMPTOMS OF DEPRESSION. :08

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<p>CG: Beth Sought treatment for depression</p> <p>Shots of Michele and Beth talking</p> <p>Graphic: Primary Care Provider Mental Health Survey -83% wish more patients would talk about their mental health concerns -More than half don't think patients know they treat mental health conditions Source: GeneSight Mental Health Monitor</p>	<p><i>"Michele made me feel very comfortable talking to her about my mental health."</i> :04</p> <p>IT'S SOMETHING DOCTORS AND NURSE PRACTITIONERS WANT MORE PEOPLE TO DO. ACCORDING TO A NATIONAL SURVEY OF PRIMARY CARE PROVIDERS BY THE GENESIGHT MENTAL HEALTH MONITOR, EIGHTY THREE PERCENT WISH MORE OF THEIR PATIENTS WOULD TELL THEM ABOUT THEIR MENTAL HEALTH CONCERNS. AND MORE THAN HALF SAY THEY DON'T THINK THEIR PATIENTS ARE AWARE THAT THEY ARE FULLY TRAINED AND EQUIPPED TO DIAGNOSE AND TREAT MENTAL HEALTH CONDITIONS. :19</p>
<p>CG: Michele Long Nurse practitioner</p> <p>Shots of Michele in office</p>	<p><i>"It would be great if patients knew that they could bring up their concerns with us in the office, you know. As primary care providers. But it is also my responsibility to do depression and anxiety screening on them."</i> :16</p> <p>PRIMARY CARE PROVIDERS LIKE MICHELE ARE ENCOURAGING PATIENTS TO OPEN UP ABOUT ALL ASPECTS OF THEIR HEALTH – INCLUDING THEIR MENTAL HEALTH. :06</p>
<p>CG: Fred Fantazzia Myriad Mental Health</p> <p>Shots of Michele conducting GeneSight test with Beth</p> <p>Shots of Michelle reviewing report on computer</p> <p>Shots of Michele and Beth talking about report</p> <p>Michele Long (CG'd earlier)</p>	<p><i>"There's a lot more patients out there that are suffering with mental health issues and fewer and fewer specialists to treat them. That's where the primary care physicians play such an important role."</i> :11</p> <p>BUT DIAGNOSIS IS JUST THE FIRST STEP. FINDING EFFECTIVE TREATMENT CAN STILL BE AN UPHILL BATTLE. SO MICHELE USES THE GENESIGHT TEST² WITH PATIENTS DIAGNOSED WITH ANXIETY, DEPRESSION, A-D-H-D AND OTHER MENTAL HEALTH ISSUES. THE TEST CAN BE DONE WITH A SIMPLE CHEEK SWAB AND PROVIDES HER WITH A REPORT THAT DETAILS WHICH MEDICATIONS MAY REQUIRE DOSE ADJUSTMENTS, BE LESS LIKELY TO WORK, OR HAVE AN INCREASED RISK OF SIDE EFFECTS BASED ON YOUR DNA. IT'S SOMETHING MICHELE SAYS HELPS HER FIND SOLUTIONS FOR HER PATIENTS WHO HAVE ENTRUSTED HER WITH IMPROVING THEIR MENTAL HEALTH. :27</p> <p><i>"I talk to them and say, you know, 'I'm here. We're going to do this. We're going to get you through this, and get you feeling better.'" :07</i></p>

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<p>Shots of Michele and Beth talking (PACKAGE END) -----</p> <p>ANCHOR TAG</p>	<p>IN LANCASTER, OHIO, THIS IS BARB CONSIGLIO REPORTING. :02</p> <hr/> <p>THE SURVEY FOUND LESS THAN ONE IN FIVE PRESCRIBERS USE GENETIC TESTS LIKE GENESIGHT TO HELP INFORM THEIR MENTAL HEALTH MEDICATION TREATMENT PLANS.</p> <p>PROVIDERS MAY USE GENETIC TESTS AS AN ADDITIONAL INFORMATION TOOL TO AUGMENT THEIR CLINICAL DECISION MAKING.</p>
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SOCIAL MEDIA

<p> Share it! Suggested tweet:</p> <p> Suggested post:</p>	<p>A new survey by @GeneSight finds 83% wish more of their patients would talk to them about issues like depression and anxiety. PCPs are the first line of defense as the nation’s mental health epidemic worsens amid a shortage of mental health specialists. https://bit.ly/3a0HhIJ</p> <hr/> <p>A new GeneSight Mental Health Monitor survey finds more than half of primary care physicians don’t believe their patients are aware that they are fully trained and equipped to diagnose and treat mental health conditions and 83% wish more of their patients would talk about their mental health concerns. PCPs are the first line of defense as the nation’s mental health epidemic worsens among a shortage of mental health specialists. https://bit.ly/3a0HhIJ</p>
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EXTRA BITES

<p>CG: Fred Fantazzia Myriad Mental Health</p>	<p>Fantazzia says the shortage of mental health professionals is hard on patients and providers: <i>“There are fewer and fewer physicians out there that are specializing in mental health, which creates a challenge not only for patients because where are they going to seek help, but also for the primary care audience because they only have limited time to make very critical decisions for their patients.” :20</i></p> <p>Fantazzia explains how the GeneSight test helps providers develop mental health treatment plans: <i>“It’s a really important tool for them to use when they’re thinking about what treatment protocols or how do I want to treat this patient? Not only with which drugs that they want to pick, but also how they dose these specific drugs. That’s the beauty of GeneSight, and that’s where GeneSight could be so important, especially with physicians that have limited time to make such important decisions.” :19</i></p>
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<p>CG: Fred Fantazzia Myriad Mental Health</p>	<p>Fantazzia explains the communication barrier between patients and providers: <i>“Physicians are looking to their patients to bring up their mental health issues and their mental wellness. And the patients are looking for their physicians, and they want confidence in their physicians, and they want to know that their physician is equipped to help them with their mental health challenges.” :15</i></p> <hr/> <p>Long explains the importance of mental health screenings: <i>“I believe the bridge in the communication with patients is asking the right questions, doing the depression and anxiety screenings. If you see that they’re kind of off that day, ask what’s going on, ask how they’re sleeping. Have they lost weight? Have they gained weight since their last appointment?” :20</i></p>
<p>CG: Michele Long Nurse practitioner</p>	<p>Long says the GeneSight test helps patients who are frustrated with medication trial-and-error: <i>“They’re frustrated, they don’t think anybody’s listening to them. When we do GeneSight, they feel like they’re validated because somebody is listening, somebody cares, somebody wants to help me get better.” :14</i></p> <p>Long says sometimes patients don’t realize they’re experiencing anxiety or depression: <i>“When a patient comes into our office, there’s a lot of times they don’t know that their symptoms are related to depression and anxiety.” :09</i></p> <hr/> <p>Beth explains the frustration of medication trial-and-error: <i>“I felt like it was making me feel worse, which frustrated me even more. And you become hopeless at that point, afraid that there wasn’t anything out there that was going to help again.” :13</i></p>
<p>CG: Beth Sought treatment for depression</p>	<p>Beth says the GeneSight test helped her and Michele find an effective medication regimen: <i>“When I got the results back from the GeneSight test, she put me on something and we have tried that so far has been great. I feel a lot more myself. I enjoy things that I used to enjoy before.” :13</i></p> <p>Beth encourages others to talk to their PCP about their mental health: <i>“If you are struggling with depression and anxiety, it is okay to go and talk to your doctor. It is very common. A lot of people don’t realize that, but it is very common for people to have depression and anxiety. Your doctor will definitely help you.” :18</i></p>

References

¹*Symptoms of Anxiety or Depressive Disorder and Use of Mental Health Care Among Adults During the COVID-19 Pandemic — United States, August 2020–February 2021, Centers for Disease Control*

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and Prevention: Morbidity and Mortality Weekly Report, Volume 70, Issue 13, April 2021. Online: <https://www.cdc.gov/mmwr/volumes/70/wr/mm7013e2.htm>

²GeneSight Psychotropic Test, Myriad Neuroscience, 2022. Online: <https://genesight.com/>

For viewer information on this story contact:

Myriad Neuroscience:

Cheryl Byrne

cheryl@rickmillercommunications.com

(513) 456-0960

Produced by:

MEDIA  SOURCE

1800 West 5th Ave.

Columbus, Ohio 43212

Phone: (614) 932-9950 Fax: (614) 932-9920

www.mediasourcetv.com

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Media Relations: (513) 456-0960**

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