

# Patient Perspectives in Addressing Mental Health Needs in Primary Care

Cameron Kelly, M2

Department of Family Medicine and Population Health  
Virginia Commonwealth University, School of Medicine



**VCU** Family Medicine and  
Population Health



# Study Overview



The Enhanced Care Planning (ECP) Study is a five-year R01 funded by the Agency for Healthcare Research and Quality (AHRQ) to test whether care planning helps patients manage multiple chronic conditions better than usual care.



Care planning involves linking patients with a care navigator to support patients working on their chosen care plans related to unhealthy behaviors, mental health risks, and social needs.



This analysis focused on patients who created mental health care plans.

# Methods

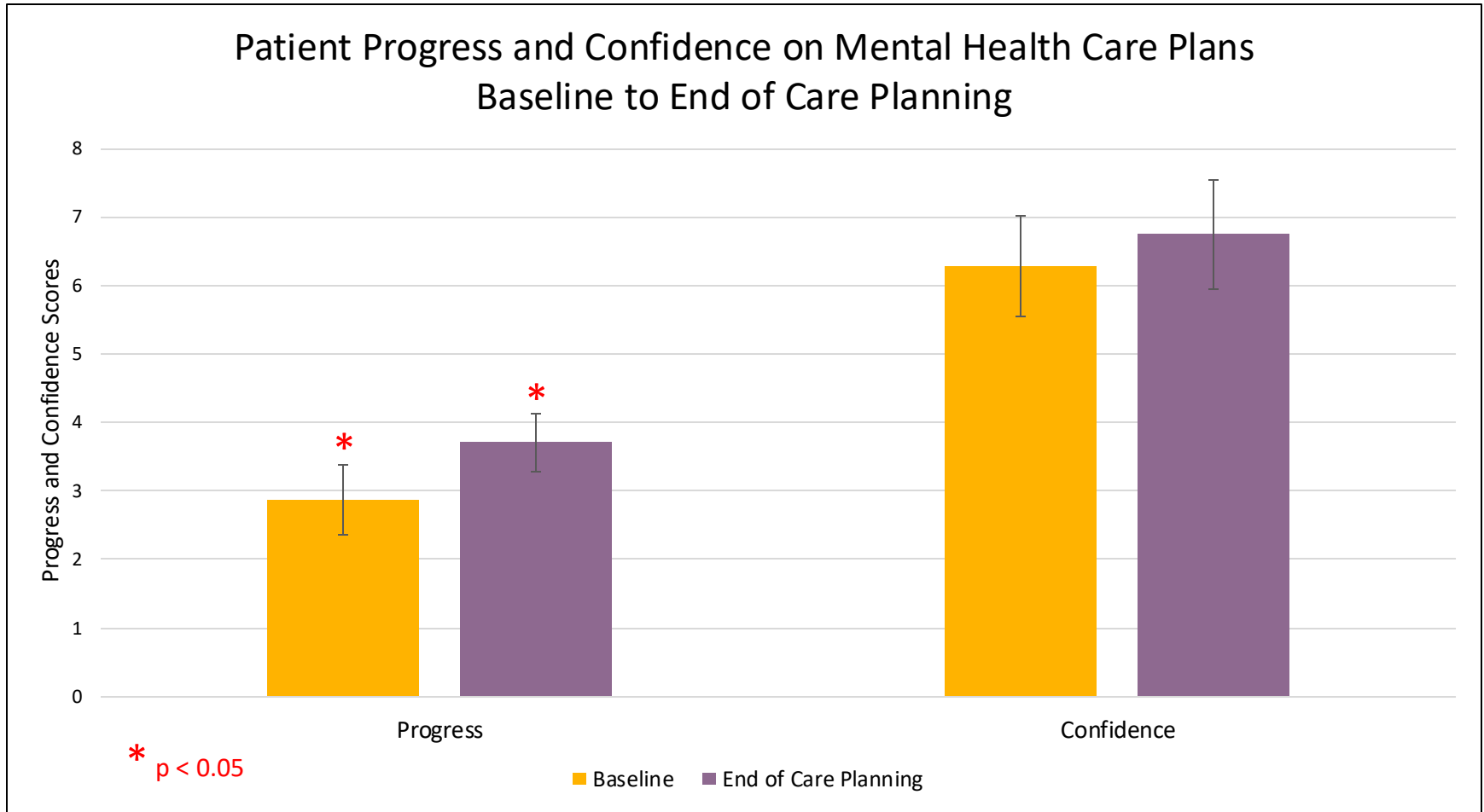
29 patients created a care plan to address a mental health risk using My Own Health Report (MOHR).



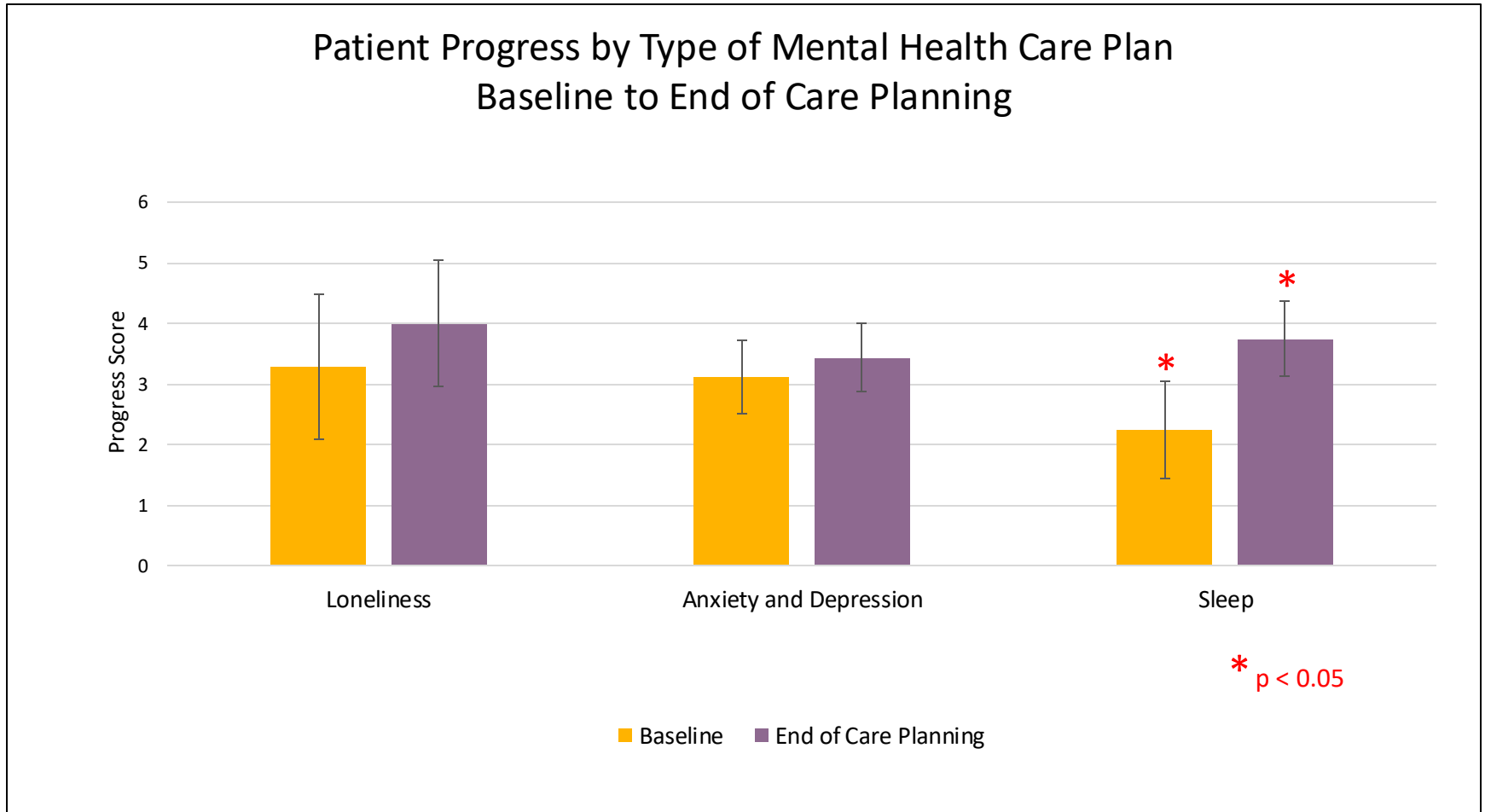
The care navigator checked in with the patients weekly to provide support. Patients recorded their progress and confidence for their care plans weekly.

Quantitative analysis comparing patients' self-reported progress and confidence at meeting their mental health care goals at baseline compared to at the end of care planning.

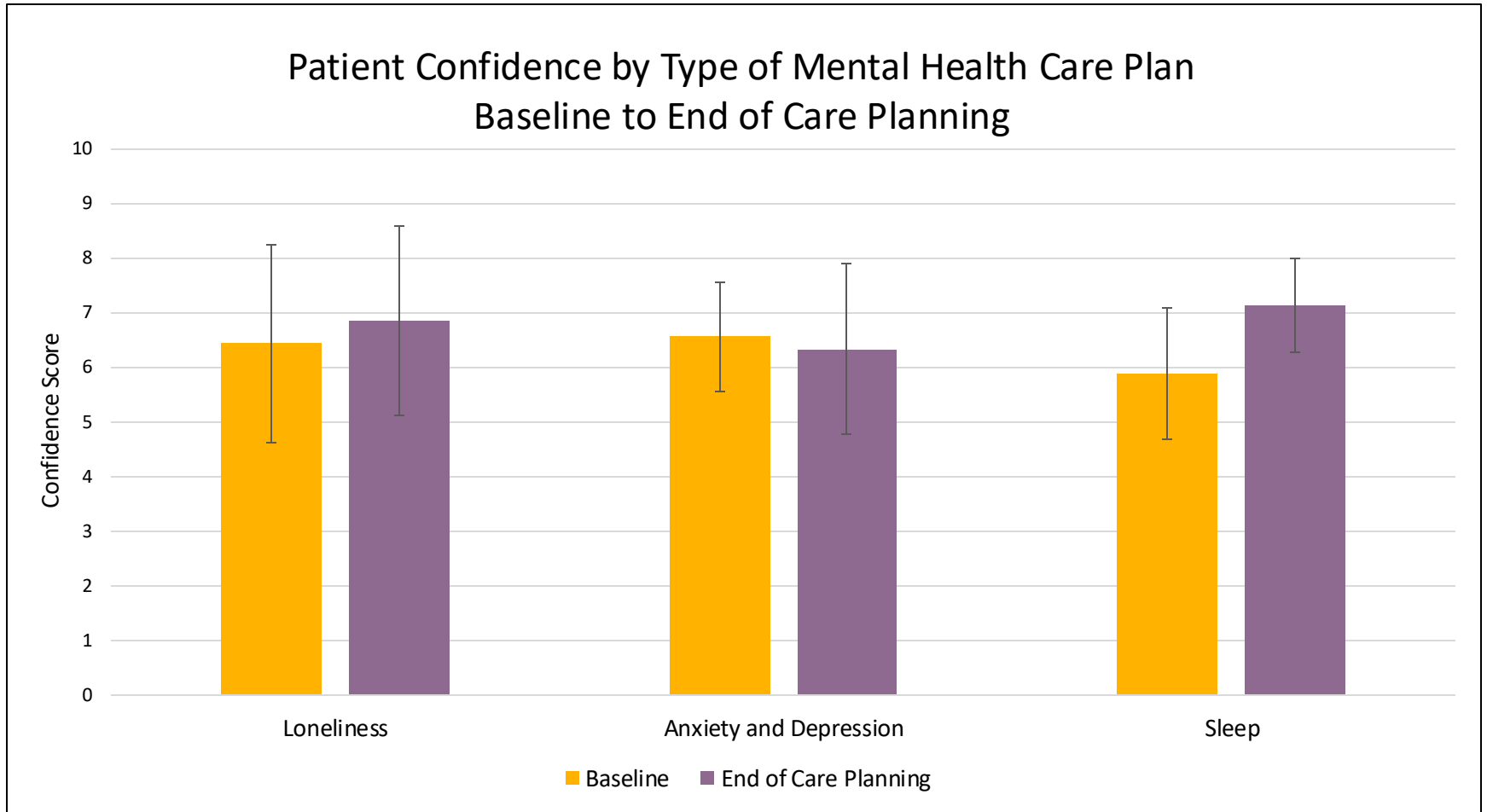
# Results



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# Conclusions and Future Directions

Patients reported progress in meeting their mental health care goals, particularly in the sleep domain.

Patients reported higher confidence at the end of care planning for loneliness and sleep care plans, but not anxiety/depression.

We need to understand the modifiable factors associated with patients feeling less confident in addressing anxiety or depression in primary care.

# Acknowledgements

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- Check out the study website for more information!

