

Online Supplementary Material

Dickinson LM, Rost K, Nutting PA, Elliott CE, Keeley RD, Pincus H. Care manager for major depression in primary care: costs of outpatient care over two years comparing patients with physical versus psychological symptoms. *Ann Fam Med*. 2005;3:15-22

<http://www.annfammed.org/cgi/content/full/3/1/15/DC1>

Appendix. Coding of Patient Complaint at Index Visit

The medical record abstractor considered the *Diagnostic and Statistical Manual – Version IV (DSM-IV)* symptoms below as *psychological* complaints, EXCEPT in the case of shaded symptoms (*difficult to classify*), which were considered *physical* complaints UNLESS the medical record clearly reflected that the symptom was considered by the patient to be psychological or related to mental health problems.

Depression Symptoms

- Depressed mood
- Lack of interest or pleasure in usual activities
- Hypersomnia (sleeping too much) or insomnia (sleeping too little)
- Appetite/weight gain/loss
- Fidgety/restless or slow speech/movement
- Low energy or fatigue
- Worthlessness, guilt, lack of self-confidence or low self-esteem
- Trouble with thinking or concentration
- Thoughts of death or suicide

Generalized Anxiety Disorder Symptoms

- Anxiety or worry
- Irritability
- Muscle tension

Panic Disorder Symptoms

- Periods of intense fear or discomfort
- Palpitations, pounding heart, or accelerated heart rate
- Sweating
- Trembling or shaking
- Shortness of breath or smothering sensations
- Feeling of choking
- Chest pain or discomfort
- Nausea or abdominal distress
- Feeling dizzy, unsteady, lightheaded or faint
- Feelings of unreality (derealization) or of being detached from oneself (depersonalization)
- Fear of losing control or going crazy
- Fear of dying
- Numbness or tingling sensations (paresthesias)
- Chills or hot flashes

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Substance Use/Abuse

- Alcohol use
- Sedatives or tranquilizers (barbiturates, sleeping pills, Seconal, Valium, Librium, Quaaludes, or Xanax)
- Marijuana (cannabis, THC) or hashish
- Stimulants (amphetamines, speed, or uppers)
- Opiates (heroin, codeine, Demerol, morphine, Percodan, methadone, Darvon, opium or Dilaudid)
- Cocaine, crack, or coca leaves
- Hallucinogens (PCP, LSD, mescaline, peyote, psilocybin, or DMT)
- Inhalants (glue, toluene, gasoline)
- Other drug use not listed

THC = tetrahydrocannabinol; PCP = phencyclidine hydrochloride; LSD = lysergic acid diethylamide; DMT = dimethyltryptamine.