

## Supplementary material

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General practitioners' management of patients with psychological stress: audit results from Denmark

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BMC Family Practice

## Psychological and social chapters in the International Classification of Primary Care second edition

Titles marked with \* were included in the search for patients with psychological stress.

The full ICPC classification directory can be found at: <http://www.kith.no/upload/2705/ICPC-2-English.pdf>

*Psychological chapter: Component 1 diagnoses (symptoms/complaints)*

**P01**     **Feeling anxious/nervous/tense\***

**P02**     **Acute stress reaction\***

**P03**     **Feeling depressed\***

P04     Feeling/behaving irritable/angry

P05     Senility, feeling/behaving old

**P06**     **Sleep disturbance\***

P07     Sexual desire reduced

P08     Sexual fulfilment reduced

P09     Sexual preference concern

P10     Stammering/stuttering/tic

P11     Eating problem in child

P12     Bedwetting/enuresis

P13     Encopresis/bowel training problem

P15     Chronic alcohol abuse

P16     Acute alcohol abuse

P17     Tobacco abuse

P18     Medication abuse

P19     Drug abuse

P20     Memory disturbance

P22     Child behaviour symptom/complaint

- P23 Adolescent behaviour symptom/complaint
- P24 Specific learning problem
- P25 Phase of life problem adult
- P27 Fear of mental disorder
- P28 Limited function/disability (P)
- P29 Psychological symptom/complaint, other\***

*Psychological chapter: Component 7 diagnoses (specific diseases/disorders)*

- P70 Dementia
- P71 Organic psychosis, other
- P72 Schizophrenia
- P73 Affective psychosis
- P74 Anxiety disorder/anxiety state\***
- P75 Somatization disorder
- P76 Depressive disorder\***
- P77 Suicide/suicide attempt
- P78 Neuraesthesia/surmenage
- P79 Phobia/compulsive disorder
- P80 Personality disorder
- P81 Hyperkinetic disorder
- P82 Post-traumatic stress disorder
- P85 Mental retardation
- P86 Anorexia nervosa/bulimia
- P98 Psychosis NOS/other
- P99 Psychological disorders, other\***

*Social chapter Z: Component 1 diagnoses (symptoms/complaints)*

- Z01 Poverty/financial problem
- Z02 Food/water problem
- Z03 Housing/neighbourhood problem
- Z04 Social cultural problem
- Z05 Work problem\***
- Z06 Unemployment problem

Z07	Education problem
Z08	Social welfare problem
Z09	Legal problem
Z10	Health care system problem
Z11	Compliance/being ill problem
Z12	Relationship problem with partner
Z13	Partner's behaviour problem
Z14	Partner illness problem
Z15	Loss/death of partner problem
Z16	Relationship problem with child
Z18	Illness problem with child
Z19	Loss/death of child problem
Z20	Relationship problem parent/family member
Z21	Behaviour problem parent/family member
Z22	Illness problem parent/family member
Z23	Loss/death parent/fam member problem
Z24	Relationship problem friend
Z25	Assault/harmful event problem
Z27	Fear of a social problem
Z28	Limited function/disability (z)
Z29	Social problem NOS

**Symptoms that the participants were informed were associated with psychological stress:**

**English translation:**

Physical symptoms: Increased heart beat, Oppression feeling in the chest, breathlessness, dizziness, headache, muscle tensions, diffuse pain, bodily unease, nausea, stomach-ache and unease and sweating.

Cognitive symptoms: Difficulty remembering, getting easily distracted, difficulty making up ones mind, loss of perspective, difficulty solving problems and making plans, difficulty finding words, mental tiredness, reduced cognitive thinking ability and/or confusion.

Behavioural symptoms: Sleeping disturbances, nervousness, social isolation, difficulty to overcome life, reduced level of activity, severe reaction to small demands, use of psychotropic substances, restlessness, irritability, angeriness and/or tendency to cry.

**Audit Project Odense registration sheet for general practice: Stress 2016.**

# Audit: Stress - 2016



Year of birth	Sex		Cons.	Symptoms	Presumed causes	Work situation at onset of stress	Psychological/mental disorder diagnosis	Medication	Action	Certificates
	M	F	Min 1x	Min 1x	Min 1x	Kun 1x	Min 1x	Min 1x	Min 1x	Min 1x
			Number of consultations concerning stress during the period	Physical Cognitive Behavioural Other	Work Family Other disease Unemployment Other Don't know	Health and social care Teaching/pedagogical work Public social services Other public authority Manufacturing company Building, construction and crafts Retail, office Transport Study and training Other Not on the workforce Don't know	Depression Anxiety Other psychiatric diagnosis None of the above	Antidepressivum Benzodiazepines incl. sleeping pills Neuroleptics None of the above	Sick leave Talk therapy Referral to psychologist/recommendation Referral to Occupational Health Service Notification to the Board of Occupat. Health and Safety Municipal stress management offer None of the above	Cert. 285 Certificate for paid sick leave follow-up Other certificate for the municipality Declaration of Work Capacity Other certificate for employer None of the above
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