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The WIRED Trial - Wii Sports™ as a virtual Reality Exercise Experience to improve Depression in healthcare workers during the COVID-19 Pandemic: A Multicenter, Prospective, Randomized, Controlled, Superiority Phase II Trial.

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APPENDICES

PATIENT HEALTH QUESTIONNAIRE - 9				
Over the <u>last 2 weeks</u> , how often have you been bothered by any of the following problems?	Not at all	Several days	More than half the days	Nearly every day
1. Little interest or pleasure in doing things	0	1	2	3
2. Feeling down, depressed, or hopeless	0	1	2	3
3. Trouble falling or staying asleep, or sleeping too much	0	1	2	3
4. Feeling tired or having little energy	0	1	2	3
5. Poor appetite or overeating	0	1	2	3
6. Feeling bad about yourself — or that you are a failure or have let yourself or your family down	0	1	2	3
7. Trouble concentrating on things, such as reading the newspaper or watching television	0	1	2	3
8. Moving or speaking so slowly that other people could have noticed? Or the opposite — being so fidgety or restless that you have been moving around a lot more than usual	0	1	2	3
9. Thoughts that you would be better off dead or of hurting yourself in some way	0	1	2	3
FOR OFFICE CODING 0 + _____ + _____ + _____ =Total Score: _____				
If you checked off <u>any</u> problems, how <u>difficult</u> have these problems made it for you to do your work, take care of things at home, or get along with other people?				
Not difficult at all <input type="checkbox"/>	Somewhat difficult <input type="checkbox"/>	Very difficult <input type="checkbox"/>	Extremely difficult <input type="checkbox"/>	

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Figure A.1: Patient Health Questionnaire (PHQ-9). PHQ-9 above 10 indicates Major Depressive Disorder and it categorizes MDD into three classes: mild depression (10-14), moderate (15-19) and severe (>20). Maximum score is 27 points.

HAMILTON DEPRESSION RATING SCALE (HAM-D)

(To be administered by a health care professional)

Patient Name _____

Today's Date _____

The HAM-D is designed to rate the severity of depression in patients. Although it contains 21 areas, calculate the patient's score on the first 17 answers.

<p><input type="checkbox"/> 1. DEPRESSED MOOD (Gloomy attitude, pessimism about the future, feeling of sadness, tendency to weep) 0 = Absent 1 = Sadness, etc. 2 = Occasional weeping 3 = Frequent weeping 4 = Extreme symptoms</p>	<p><input type="checkbox"/> 6. INSOMNIA - Delayed (Waking in early hours of the morning and unable to fall asleep again) 0 = Absent 1 = Occasional 2 = Frequent</p>
<p><input type="checkbox"/> 2. FEELINGS OF GUILT 0 = Absent 1 = Self-reproach, feels he/she has let people down 2 = Ideas of guilt 3 = Present illness is a punishment; delusions of guilt 4 = Hallucinations of guilt</p>	<p><input type="checkbox"/> 7. WORK AND INTERESTS 0 = No difficulty 1 = Feelings of incapacity, listlessness, indecision and vacillation 2 = Loss of interest in hobbies, decreased social activities 3 = Productivity decreased 4 = Unable to work. Stopped working because of present illness only. (Absence from work after treatment or recovery may rate a lower score).</p>
<p><input type="checkbox"/> 3. SUICIDE 0 = Absent 1 = Feels life is not worth living 2 = Wishes he/she were dead 3 = Suicidal ideas or gestures 4 = Attempts at suicide</p>	<p><input type="checkbox"/> 8. RETARDATION (Slowness of thought, speech, and activity; apathy; stupor.) 0 = Absent 1 = Slight retardation at interview 2 = Obvious retardation at interview 3 = Interview difficult 4 = Complete stupor</p>
<p><input type="checkbox"/> 4. INSOMNIA - Initial (Difficulty in falling asleep) 0 = Absent 1 = Occasional 2 = Frequent</p>	<p><input type="checkbox"/> 9. AGITATION (Restlessness associated with anxiety.) 0 = Absent 1 = Occasional 2 = Frequent</p>
<p><input type="checkbox"/> 5. INSOMNIA - Middle (Complains of being restless and disturbed during the night. Waking during the night.) 0 = Absent 1 = Occasional 2 = Frequent</p>	<p><input type="checkbox"/> 10. ANXIETY - PSYCHIC 0 = No difficulty 1 = Tension and irritability 2 = Worrying about minor matters 3 = Apprehensive attitude 4 = Fears</p>

Figure A.2: Hamilton Depression Rating Scale (HAM-D17). HAM-D17 scale categorizes depression into mild (0-13 points), mild to moderate (14-17 points) and moderate to severe (>17 points). HAM-D17 maximum score is 54 points.