

## IDEAS

### *(INDIAN DISABILITY AND ASSESSMENT SCALE)*

#### **A scale for measuring and quantifying disability in mental disorders**

**The Persons with disability act 1995 includes mental illness as disability. The persons with mental illness are eligible to avail all the benefits under the persons with disability act 1995.** The disabled people need disability certificate showing more than 40% disability from the competent authority to avail the benefits. The disability act covers seven disabilities

1. Blind
2. Low vision
3. Deaf and Dumb
4. Leprosy cured
5. Mentally retarded
6. Orthopedic handicap
7. Mental illness

The assessment tools have already been existed for the visually impaired, hearing impaired and orthopedic handicap and persons with mental retardation. These people are certified by the authentic body and become eligible by having disability certificates to avail the benefits under the PWD Act 1995. But there was no assessment tools for the certification of mentally ill people and yet these people are not availed any benefits even as disabled. Looking that perspective and to justify these people rehabilitation committee of Indian Psychiatric Society has developed the assessment tool for disability certification in 2002. This tool is known as Indian Disability Evaluation and Assessment Scale in short IDEAS. This IDEA has opened new horizon for mentally ill people. This committee has developed clear guideline to make use of it very easy.

#### **General Guidelines:**

- Ø IDEAS are suited best for the purpose of measuring and certifying Disability.
- Ø It is therefore a brief and simple instrument, which can be used, even in busy clinical settings.
- Ø Some training is required in the use of IDEAS.

- Ø This is to be used only on out patients and those living in the community. Not appropriate for in- patients.
- Ø Rating should be done only based on interviews of the Primary Care Givers. Case records and patients interviews can be used to supplement information.
- Ø Only in rare instances when no primary care giver is available should be the rating is based only on patient interview. This should then be documented.
- Ø The gender specification “he” has been used for convenience and refers to both genders.
  - Ø Probe questions help to guide one through the interview and to help identify dysfunction in one or more activities. Diagnostic Categories:

**Patients with only the following diagnosis as per ICD or DSM criteria are eligible for disability benefits:**

- Ø **Schizophrenia**
- Ø **Bipolar Disorder**
- Ø **Dementia**
- Ø **Obsessive Compulsive Disorder**

Duration of illness: the total duration of illness should be least two years. For the purpose of scoring, the number of months the patients was symptomatic in the last two years (MI 2Y -months of illness in the last two years) should be determined.

**Who does the assessment?**

Only the Psychiatrist can do diagnosis and certification. Trained social workers, psychologist, or occupational therapists can do administration of **IDEAS**

Frequency of Re-certification

Psychiatric Disability will be reassessed every two years and re-certified. The feasibility of doing this in the rural areas will however have to be examined.

**Items:**

- I. Self care : Includes taking care of body hygiene, grooming, health including bathing, toileting, eating and taking care of one's health.
- II. Interpersonal Activities ( Social Relationship) : Includes initiating and maintaining interactions with others in a contextual and socially appropriate manner.
- III. Communication and Understanding : Includes communication and conversation with others by producing and comprehending spoken/ written/ nonverbal messages.
- IV. Work: Three areas are Employment/ House work/ Education measures any one aspect.
  1. Performing in Work/ Job : Performing in work / employment (paid) employment /self employment family concern or otherwise. Measures ability to perform tasks at employment completely and efficiently and in proper time. Includes seeking employment.
  2. Performing in Housework: Maintaining household including cooking, caring for other people at home, taking care of belongings etc. Measures ability to take responsibility for and perform household tasks completely and efficiently and in proper time.
  3. Performing in school/ college: measures performance in education related tasks.

**Scores for Each Item:**

0 - No Disability

1 - Mild Disability

2 - Moderate Disability

3 - Severe Disability

4 - Profound Disability

Total Score (range 0-20)

Add scores of the 4 items and obtain total score

MI 2y months of illness in the last two years. Interview with informant and case notes if available should be used to determine for how many months in the last two years the patients exhibited symptoms(range 1-4)

MI 2 Years < 6 months: score to be added is 1

7-12 months: add 2

13-18 months : add 3

> 18 months : add 4

### **Global Disability**

Total disability score + MI 2Y score = Global Disability Score (range 1-20)

### **Percentage:**

For the purpose of welfare benefits, 40% will be cut off point. The scores above 40% have been categorized as Moderate, Severe, and profound based on the Global disability score. This grading will be used to measures change overtime

Score of 0- No disability = 0%

1-7 - Mild Disability = <40%

8 and above = > 40%

(8-13 moderate disability; 14-19 Severe Disability; 20 Profound Disability)

**Source and Courtesy:** <http://www.bpaindia.org/ENApril-June06.htm>