

About the IDAC-Q

Research confirms that depression and anxiety can be caused by several dietary/nutritional, lifestyle/environmental, psychological, social/spiritual, and medical/physical factors. Although our mental health can sometimes be caused by a single factor, often there are multiple possible causes. Identifying your unique cause(s) and making personalised changes are essential for improving mental health.

Personalised Integrative Therapy (PI Therapy) for depression and anxiety is a new research-driven treatment that aims to reduce depression and anxiety by encouraging multiple (often small) changes that target each person's unique causes of depression and anxiety. Often making several small changes, rather than a single, large change is the most effective and realistic strategy for people with depression and anxiety.

This report summarises your potential cause(s) of depression and/or anxiety based on your answers on the IDAC-Q.

Please note that while the IDAC-Q can be helpful in identifying your unique causes, it is not infallible. Use information from this report to guide you in identifying your unique cause(s) of depression and/or anxiety. Always consider your individual circumstances to determine the impact a cause may be having on your mental health.

Please note: this is not a diagnostic assessment tool and is simply a guide to help you identify your unique cause(s) of depression and/or anxiety. If you are experiencing severe depression or anxiety, please see a health professional for assessment and treatment.

Colour Risk Guide

Low	Moderate	High
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Red: There is a high risk that this cause is affecting your depression and/or anxiety

Low	Moderate	High
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Yellow: There is a moderate risk that this cause is affecting your depression and/or anxiety

Low	Moderate	High
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Green: There is a low risk that this cause is affecting your depression and/or anxiety

Where to From Here?

- If your health professional has asked you to complete this questionnaire, please provide him or her with a copy of this report so you can collaboratively develop an effective treatment plan, targeting your unique cause(s).
- If you would like to learn effective ways to treat your cause(s) of depression and/or anxiety, visit <https://pitherapy.com.au/pi-therapy-modules/>. You can purchase access to treatment modules that target the many causes identified in this report.
- If you would like to see a practitioner trained in PI Therapy, visit <https://pitherapy.com.au/find-a-practitioner/> to find your nearest practitioner.

Cause	Description	Your Result			
Diet and Nutrition					
Low diet quality	Research confirms that the quality of our diet has a significant effect on our mental health. Eating a healthy diet comprised of natural, whole foods is associated with better mental health and can even effectively reduce depressive and anxious symptoms.	<table border="1"> <tr> <td>Low</td> <td>Moderate</td> <td>High</td> </tr> </table>	Low	Moderate	High
Low	Moderate	High			
Pro-inflammatory diet	Chronic, low-grade inflammation (often termed silent inflammation) is associated with poorer mental health. The foods we eat can be a major cause of this inflammation. Some foods are classified as anti-inflammatory (e.g., vegetables, fruits, herbs, and spices) while others are pro-inflammatory (e.g., packaged foods, foods high in trans-fats, fast-foods, and soft drinks).	<table border="1"> <tr> <td>Low</td> <td>Moderate</td> <td>High</td> </tr> </table>	Low	Moderate	High
Low	Moderate	High			
Nutritional deficiencies	There are several nutrients that can have a significant impact on our mental health. If we experience deficiencies (or excesses) in one or some of these nutrients it can have a detrimental effect on the production of mood-boosting hormones and brain chemicals. Examples of mood-supporting nutrients include B-vitamins, magnesium, vitamin D, folate, iron, and zinc.	<table border="1"> <tr> <td>Low</td> <td>Moderate</td> <td>High</td> </tr> </table>	Low	Moderate	High
Low	Moderate	High			
Food allergies/intolerances	If we consume foods that we are allergic or intolerant to, it can increase inflammation in our body, have a detrimental effect on our digestion, and can alter levels of mood-related hormones and brain chemicals.	<table border="1"> <tr> <td>Low</td> <td>Moderate</td> <td>High</td> </tr> </table>	Low	Moderate	High
Low	Moderate	High			
Lifestyle & Environment					
Poor sleep quality	Sleep is crucial for both mental and physical wellbeing. When our sleep is regularly disrupted, it has major negative effects on our mental health and can trigger an episode of depression or anxiety. Poor sleep also reduces the effectiveness of both psychological and medical treatments for depression and anxiety.	<table border="1"> <tr> <td>Low</td> <td>Moderate</td> <td>High</td> </tr> </table>	Low	Moderate	High
Low	Moderate	High			
Lack of exercise and/or physical activity	Our level of physical activity and structured exercise can protect us from depression and anxiety. Exercise is also an effective treatment for these conditions and is as effective as psychological and pharmacological treatments for depression and anxiety.	<table border="1"> <tr> <td>Low</td> <td>Moderate</td> <td>High</td> </tr> </table>	Low	Moderate	High
Low	Moderate	High			
Limited exposure to sunlight and nature	Spending time outdoors, particularly out in nature can have a substantial, positive effect on our mood. Research also confirms that sensible sunlight exposure also has mood-enhancing effects. The timing of sunlight exposure is also important, as this can influence the circadian release of important mood-lifting hormones.	<table border="1"> <tr> <td>Low</td> <td>Moderate</td> <td>High</td> </tr> </table>	Low	Moderate	High
Low	Moderate	High			
Limited engagement in pleasurable activities	When we spend time participating in pleasant or enjoyable activities it can have a positive effect on our mood. In fact, increasing daily, pleasant activities is an effective treatment for depression and anxiety.	<table border="1"> <tr> <td>Low</td> <td>Moderate</td> <td>High</td> </tr> </table>	Low	Moderate	High
Low	Moderate	High			
Excess technology and screen time	Although moderate exposure to computers, gaming systems, smartphones, and social media is fine, their excessive use can have a detrimental effect on our mood and overall mental wellbeing.	<table border="1"> <tr> <td>Low</td> <td>Moderate</td> <td>High</td> </tr> </table>	Low	Moderate	High
Low	Moderate	High			