Compassion Behavioral Health Treatment Effectiveness Report
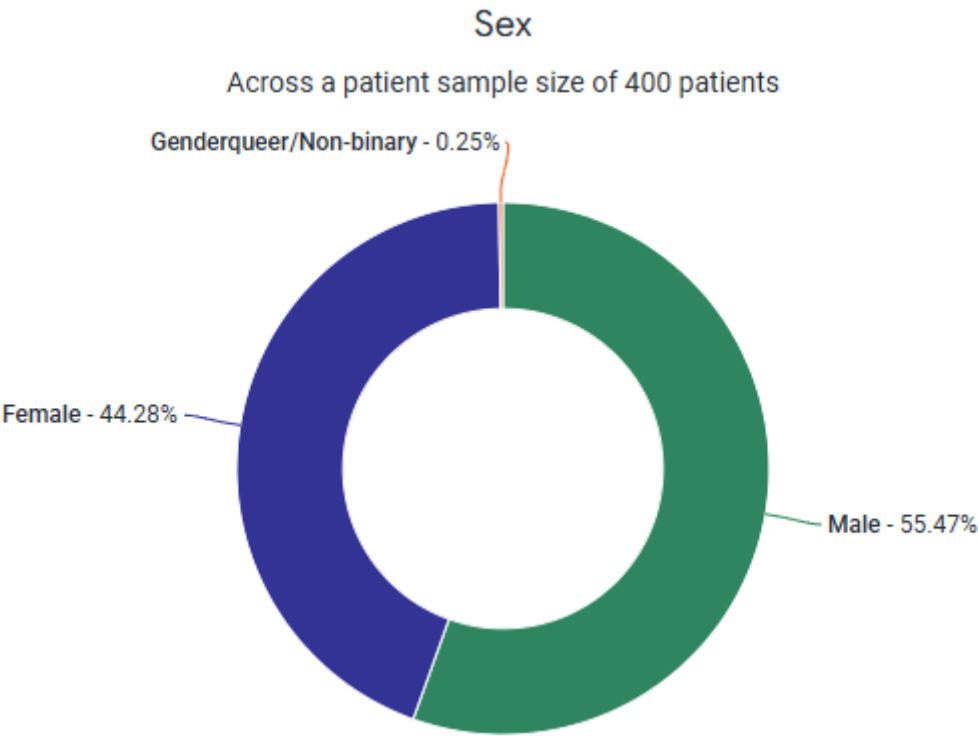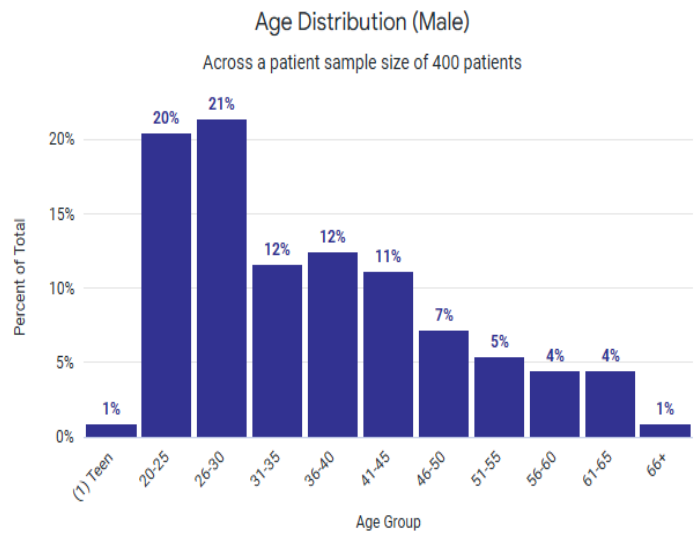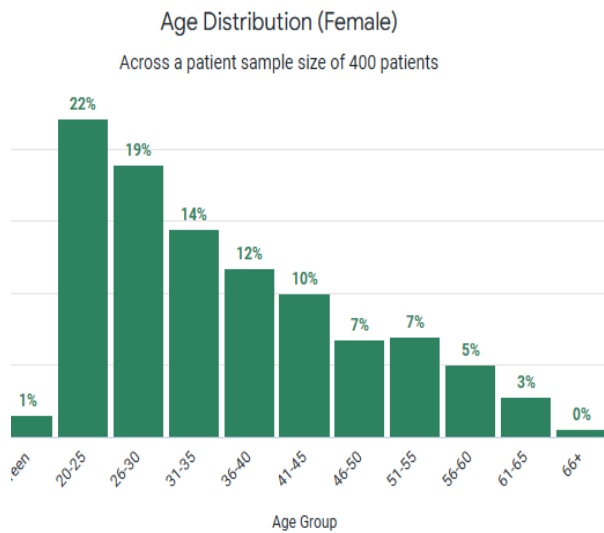
2024-2025

Prepared by Greenspace Health

Demographics
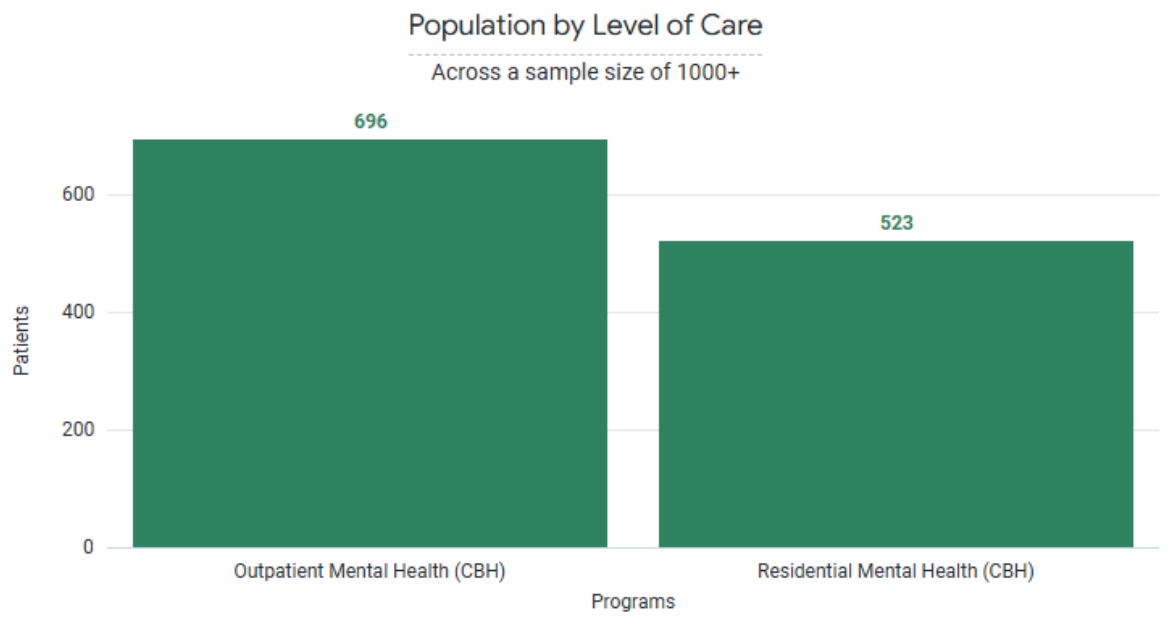
Greenspace Health data accounts for 1,043 patients between August 2024 and August 2025.

The age distribution is similar across both gender and sex. Among males, 20% are aged 20–25 and 21% are aged 26–30. Similarly, among females, 20% are aged 20–25 and 21% are aged 26–30.

Sex

Across a patient sample size of 400 patients

Genderqueer/Non-binary - 0.25%

Female - 44.28%

Male - 55.47%

Age Distribution (Female)
Across a patient sample size of 400 patients

Age Distribution (Male)
Across a patient sample size of 400 patients

The Greenspace platform segments the population into two levels of care: the Outpatient Mental Health Program, which includes 696 patients, and the Residential Mental Health Program, which includes 523 patients.
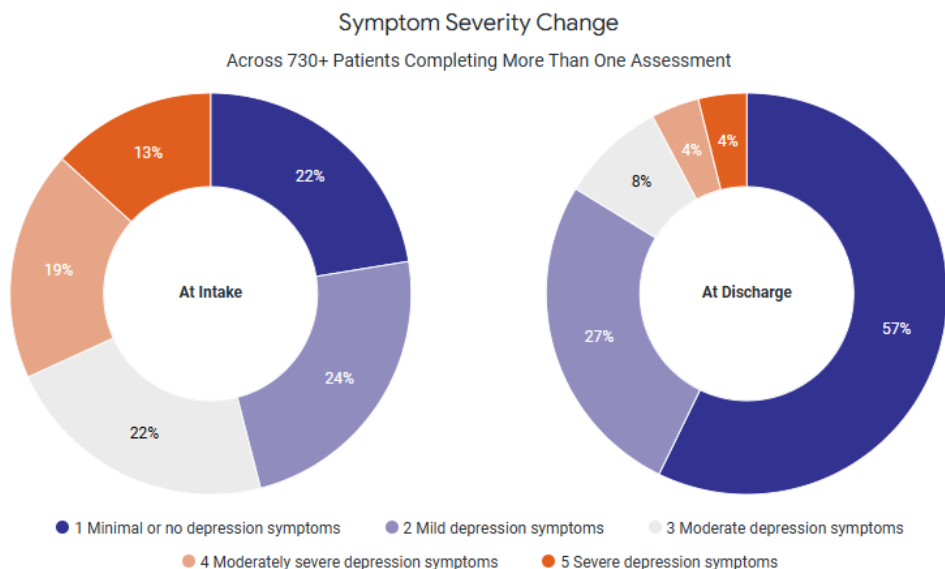

Population by Level of Care
Across a sample size of 1000+

PHQ-9

The Patient Health Questionnaire 9 ("PHQ-9") is a multi-purpose measure used to identify and monitor depression severity. It is a brief, 9-item version of the original PHQ assessment, which measures a variety of mental health challenges in addition to depression, such as anxiety, panic disorder, sleep disorders, and more.

Scoring- Depression severity is calculated by assigning scores of 0, 1, 2, and 3, to the response categories of "not at all", "several days", "more than half the days", and "nearly every day", respectively. The PHQ-9 total score for the nine items ranges from 0 to 27. The table below outlines the score groupings and proposed treatment actions. Scores of 5, 10, 15, and 20 represent respective cutpoints for mild, moderate, moderately severe and severe depression. The PHQ-9 is also sensitive to change, meaning depression severity and symptom frequency that increases or decreases during treatment can be recorded through regular, repeat assessments. Ultimately, the higher a client scores, the more severe their depression is.

Residential Mental Health

PHQ-9 scores indicate a significant decrease in depressive symptomatology, with patients reporting *minimal or no depression symptoms* increasing from 22% at intake to 57% at discharge (dark blue)

Symptom Severity Change
Across 730+ Patients Completing More Than One Assessment

At Intake: 22%, 24%, 22%, 19%, 13%

At Discharge: 57%, 27%, 8%, 4%, 4%

- 1 Minimal or no depression symptoms
- 2 Mild depression symptoms
- 3 Moderate depression symptoms
- 4 Moderately severe depression symptoms
- 5 Severe depression symptoms

Average Score at Intake And Discharge

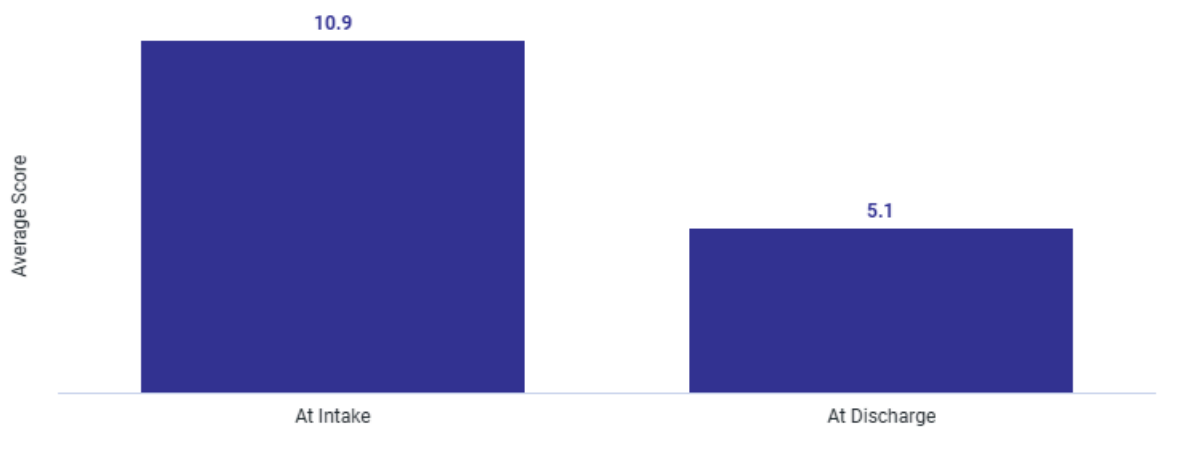## Average Score at Intake
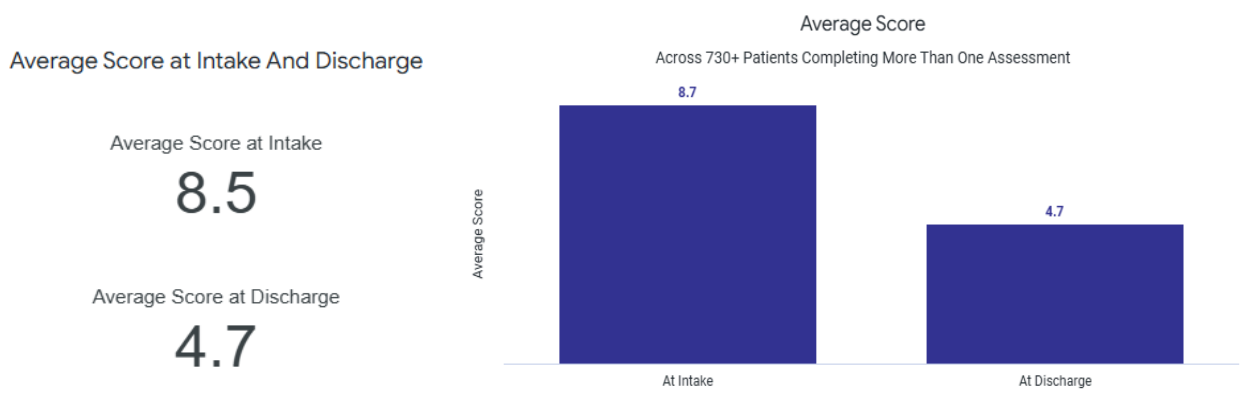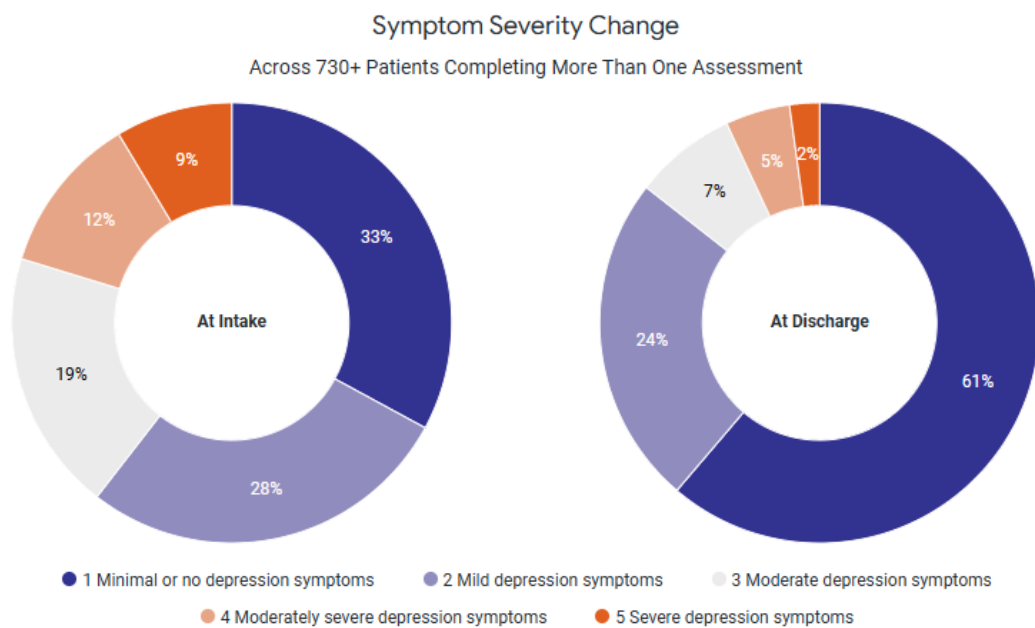# 10.7

Average Score at Discharge
5.1

Average Score

Across 730+ Patients Completing More Than One Assessment
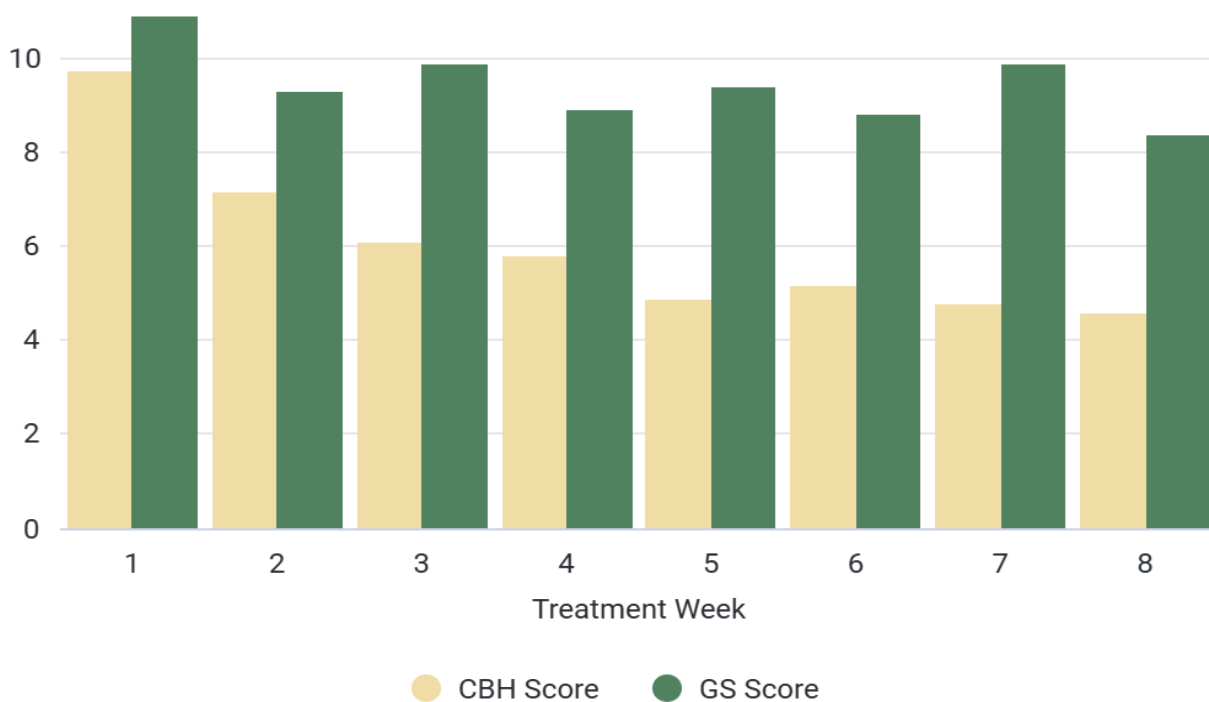
Outpatient Mental Health

As shown in the PHQ-9 severity scoring breakdown, there is a notable decrease in depressive symptomatology. The proportion of patients reporting minimal or no depressive symptoms increased from 33% at intake to 61% at discharge (dark blue). Similarly, moderately severe depressive symptoms declined from 19% at intake to 7% at discharge (light orange).

Symptom Severity Change
Across 730+ Patients Completing More Than One Assessment

At Intake: 33%, 28%, 19%, 12%, 9%

At Discharge: 61%, 24%, 7%, 5%, 2%

- 1 Minimal or no depression symptoms
- 2 Mild depression symptoms
- 3 Moderate depression symptoms
- 4 Moderately severe depression symptoms
- 5 Severe depression symptoms

Average Score at Intake And Discharge

Average Score at Intake

8.5

Average Score at Discharge

4.7

Average Score
Across 730+ Patients Completing More Than One Assessment

At Intake: 8.7

At Discharge: 4.7

As per the PHQ-9 scoring, lower scores indicate better outcomes. The graph below compares Compassion Behavioral Health (CBH), shown in gold, to a baseline of all U.S.-based Greenspace clients, with treatment weeks displayed along the horizontal axis for an 8-week period. As illustrated, CBH consistently demonstrates lower PHQ-9 scores compared to the U.S. Greenspace baseline across each week of treatment.

Average Score Over Time Vs. Greenspace (PHQ-9)

Across a sample size of 1100+ Patients

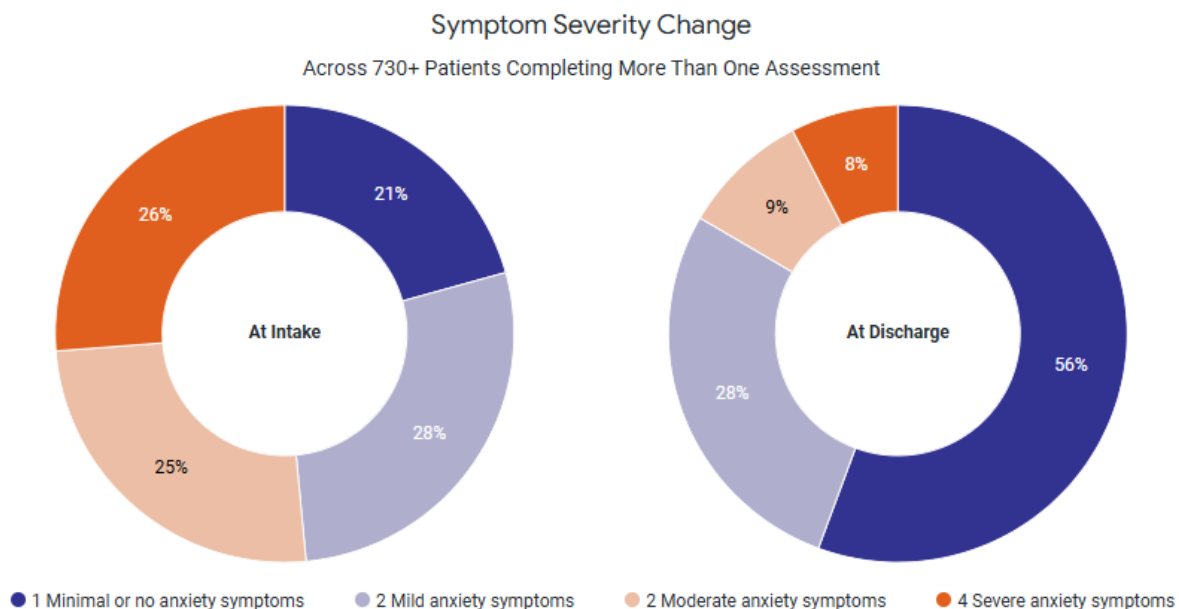Treatment Week

● CBH Score   ● GS Score

GAD-7

The Generalized Anxiety Disorder 7 (GAD-7) instrument is used to measure and monitor the severity of generalized anxiety disorders. was designed to be a brief and easy to complete 7-item scale for measuring generalized anxiety, based on criteria outlined in the Diagnostic and Statistical Manual of Mental Disorders-IV (DSM-IV). Evidence has shown that the GAD-7 has effective sensitivity and specificity for screening for other anxiety disorders, such as Panic, Social Anxiety and Posttraumatic Stress Disorders.

Scoring- The GAD-7 asks respondents how often, during the last 2 weeks, they were bothered by each of the 7 items. Response options are "not at all," "several days," "more than half the days," and "nearly every day," each scored as 0, 1, 2, and 3. Though this is a self-report measure, validity is not compromised if the therapist reads the questions to the client to help them complete it. The scale can be administered by non-clinical staff, but must be interpreted by a licensed clinician.
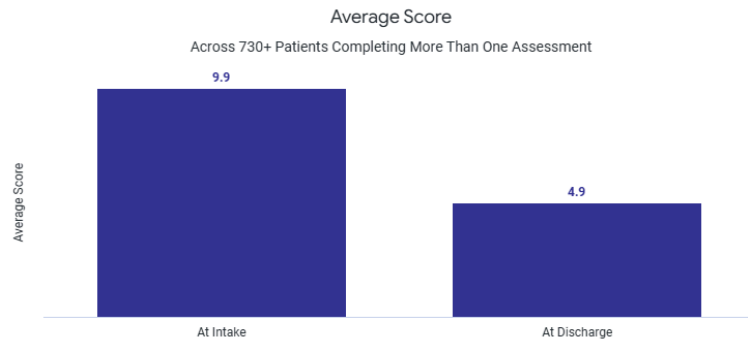
Residential Mental Health

As shown in the GAD-7 severity scoring breakdown, there is a notable decrease in anxiety symptomatology. The proportion of patients reporting minimal or no anxiety symptoms increased from 21% at intake to 56% at discharge (dark blue). Meanwhile, severe anxiety symptoms declined from 26% at intake to 8% at discharge (dark orange).

Symptom Severity Change
Across 730+ Patients Completing More Than One Assessment

- 1 Minimal or no anxiety symptoms
- 2 Mild anxiety symptoms
- 2 Moderate anxiety symptoms
- 4 Severe anxiety symptoms

Average Score at Intake And Discharge

Average Score at Intake

9.7

Average Score at Discharge

4.9

Average Score
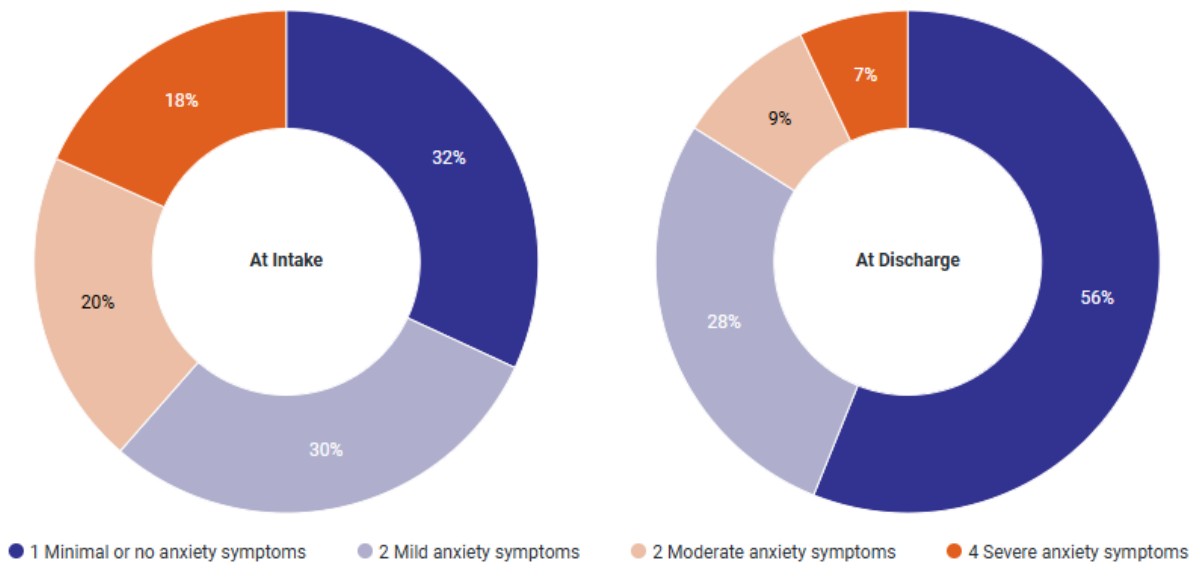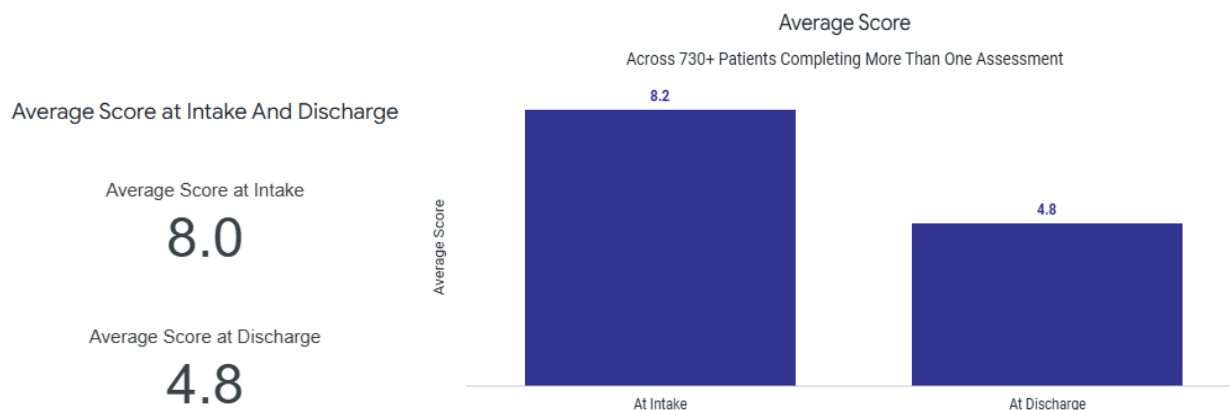Across 730+ Patients Completing More Than One Assessment

Outpatient Mental Health

As shown in the GAD-7 severity scoring breakdown, there is a notable decrease in anxiety symptomatology. The proportion of patients reporting minimal or no anxiety symptoms increased from 32% at intake to 56% at discharge (dark blue). Meanwhile, severe anxiety symptoms declined from 18% at intake to 7% at discharge (dark orange).

Symptom Severity Change
Across 730+ Patients Completing More Than One Assessment

● 1 Minimal or no anxiety symptoms   ● 2 Mild anxiety symptoms   ● 2 Moderate anxiety symptoms   ● 4 Severe anxiety symptoms

Average Score at Intake And Discharge

Average Score at Intake

8.0

Average Score at Discharge

4.8

Average Score

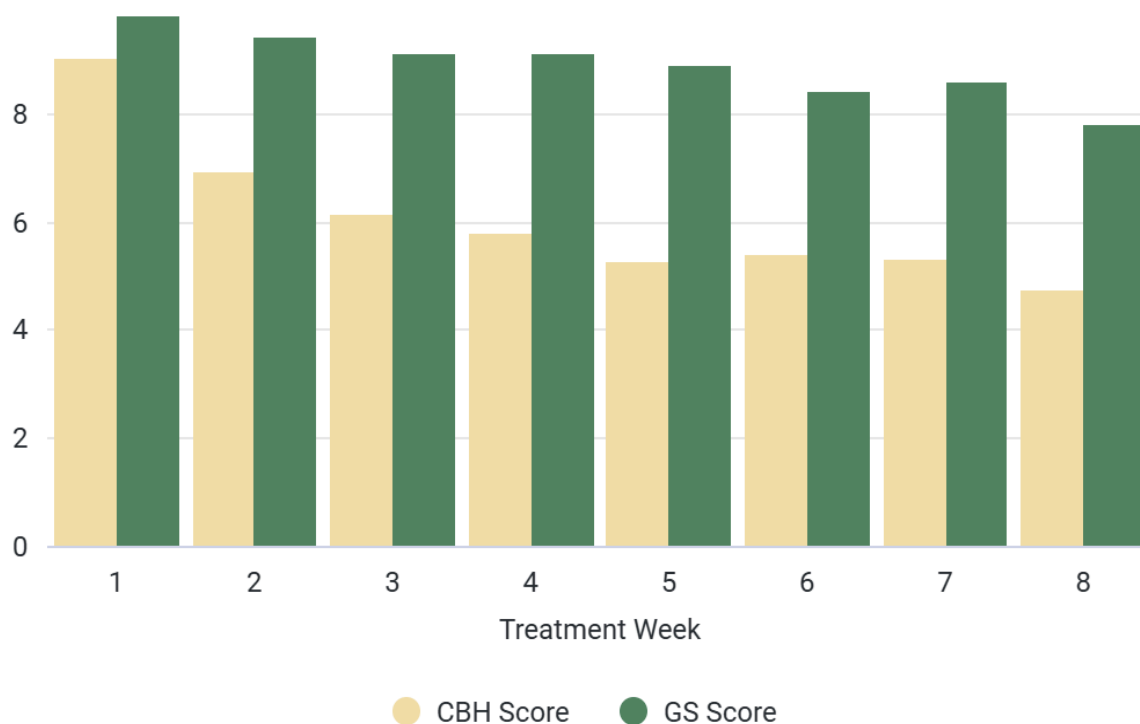Across 730+ Patients Completing More Than One Assessment

As per the GAD-7 scoring, lower scores indicate better outcomes. The graph below compares Compassion Behavioral Health (CBH), shown in gold, to a baseline of all U.S.-based Greenspace clients, with treatment weeks displayed along the horizontal axis for an 8-week period. As illustrated, CBH consistently demonstrates lower GAD-7 scores compared to the U.S. Greenspace baseline at each week of treatment, with the 8th-week score for CBH at 4.8 versus 8.0 for the baseline.

Average Score Over Time Vs. Greenspace (GAD-7)

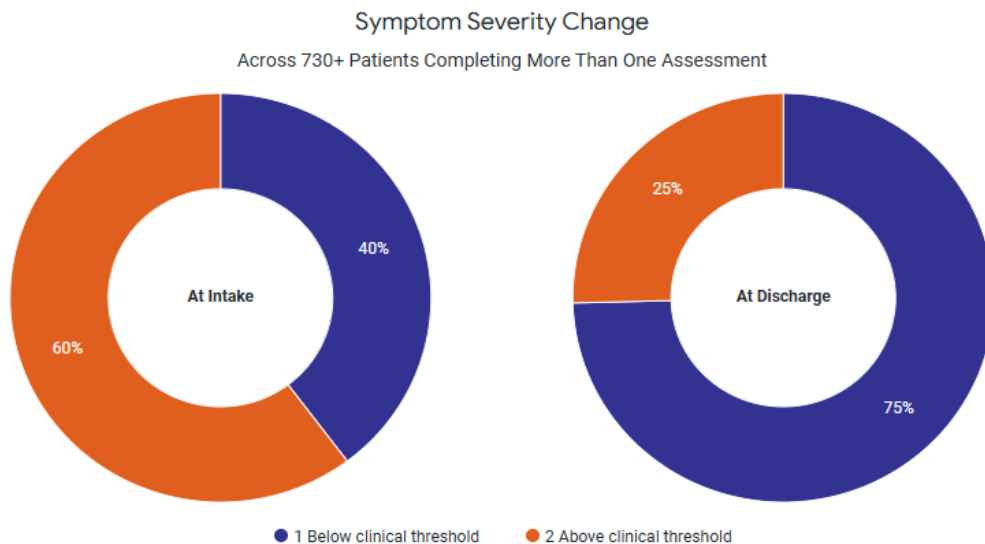### Across a sample size of 1100+ Patients

PCL-5

The PTSD Checklist for DSM-V (PCL-5) is a self-report measure that assesses the 20 DSM-V symptoms of Post-Traumatic Stress Disorder (PTSD). The assessment has been validated for use with adults (18+), as a means of monitoring symptom change during treatment. The PCL-5 can also serve as a tool for screening individuals for PTSD or for making provisional diagnoses.

Scoring- The PCL-5 uses a 5 point likert scale to measure symptom severity, with options "Not at all," "A little bit," Moderately," "Quite a bit," and "Extremely," that correspond to scores of 1-5.Items on the PCL-5 are summed to provide a total score. Any change in assessment score between 5-10 points suggests reliable change in symptom severity, while 10-20 points indicates clinically significant change. For the purpose of using the PCL-5 for ongoing progress measurement, clinicians may calculate and leverage the total symptom severity score. Severity can be determined adding scores of each item together to determine a total score. A total score of 33 or higher may indicate severe PTSD and suggests the patient needs further assessment to confirm a diagnosis of PTSD.

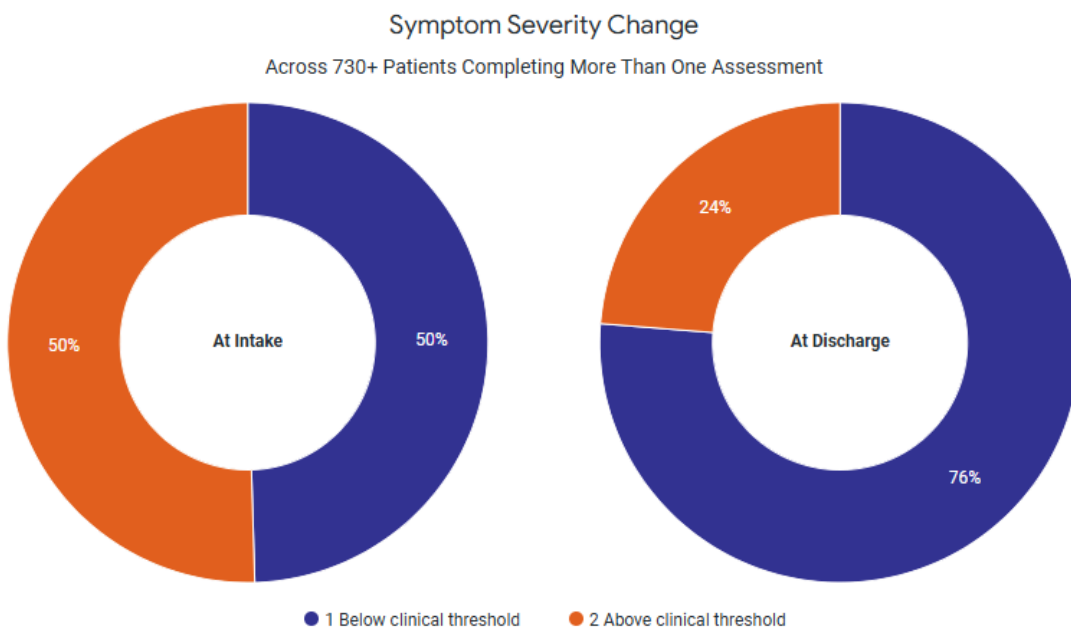| Score	PTSD Severity
0-32	Below clinical threshold
33-80	Above clinical threshold

Residential Mental Health

As illustrated in the PCL-5 severity scoring breakdown, there is a notable decrease in symptom severity. The proportion of patients falling below the clinical threshold increased from 40% at intake to 75% at discharge (dark blue), while those above the clinical threshold decreased from 60% at intake to 25% at discharge (dark orange).

At Intake: 40% / 60%

At Discharge: 25% / 75%

● 1 Below clinical threshold   ● 2 Above clinical threshold

Outpatient Mental Health

As illustrated in the PCL-5 severity scoring breakdown, there is a notable improvement in the proportion of patients falling below the clinical threshold—increasing from 50% at intake to 76% at discharge (shown in dark blue below). Additionally, the proportion of patients above the clinical threshold decreased significantly, from 50% at intake to 24% at discharge (shown in dark orange).

Symptom Severity Change

Across 730+ Patients Completing More Than One Assessment

At Intake: 50% / 50%

At Discharge: 24% / 76%

● 1 Below clinical threshold   ● 2 Above clinical threshold

As per the PCL-5 scoring, lower scores indicate better outcomes. The graph below compares Compassion Behavioral Health (CBH), shown in gold, to a baseline of all U.S.-based Greenspace clients, with treatment weeks displayed along the horizontal axis for an 8-week period. As illustrated, CBH consistently demonstrates lower PCL-5 scores compared to the U.S. Greenspace baseline at each week of treatment, with the 8th-week score for CBH at 17.9 versus 29.8 for the baseline.

Average Score Over Time Vs. Greenspace (PCL-5)

Across a sample size of 1100+ Patients

CBH Score   GS Score