



M-3 Information LLC
 155 Gibbs Street Suite 522
 Rockville, MD 20850-0392

Phone: 301-444-4400

Specimen Number 012-A34-5678-9	Patient ID TEST	Control Number	Account Number 012345678	Account Phone Number 123-456-789	Route 50
TESTING SMITH		Account Address TESTING ACCOUNT			
Patient Last Name		Account Address			
Patient First Name JANE	Patient Middle Name		PROGRAMMING		
Patient SS#	Patient Phone	Total Volume 123 MAIN STREET			
Age (Y/M/D) 47/03/17	Date of Birth 01/01/70	Sex N	Fasting ANYWHERE USA 12345		
Patient Address			Additional Information PATIENT@EMAIL.COM		
Date and Time Collected 04/18/17 00:00	Date Entered 04/18/17	Date and Time Reported 04/18/17 15:25ET	Physician Name	NPI	Physician ID

M3 CHECKLIST	Tests Ordered
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TESTS	RESULT	FLAG	UNITS	REFERENCE INTERVAL	LAB
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TESTS	RESULT	FLAG	UNITS	REFERENCE INTERVAL	LAB
M3 CHECKLIST					
Assessment Date/Time 04/18/2017 03:03PM EDT					01
M3 Score	49	High		0-32	01
M3 Gateway	Positive-Med	High		Negative	01
DIAGNOSIS RISK					01
Depression Dx Risk	Positive-Lo	High		Negative	01
Bipolar Diagnosis Risk	Positive-Hi	High		Negative	01
Anxiety Diagnosis Risk	Positive-Med	High		Negative	01
PTSD Diagnosis Risk	Positive-Hi	High		Negative	01
GATEWAY QUESTIONS					01
Q5 Thoughts of suicide	Rarely	High		None	01
Q24 Impairs work school	Sometimes			No-Sometimes	01
Q25 Impairs friends family	Rarely			No-Sometimes	01
Q26 Led to using alcohol	None			No-Sometimes	01
Q27 Led to using drugs	None			None	01
SYMPTOM (Sx) SEVERITY					01
M3 Depression Sx Subscore	14	High		0 - 12	01
Reference Range:					
None Mild Mod Severe					
0-6 7-12 13-19 20-28					
M3 Bipolar Sx Subscore	12	High		0 - 7	01
Reference Range:					
None Mild Mod Severe					
0-3 4-7 8-11 12-16					
M3 Anxiety Sx Subscore	20			0 - 21	01
Reference Range:					
None Mild Mod Severe					
0-10 11-21 22-33 34-48					
M3 PTSD Sx Subscore	12	High		0 - 7	01
Reference Range:					
None Mild Mod Severe					
0-3 4-7 8-11 12-16					
QUESTIONS					01
Q1 Feel sad, unhappy	Often	High		None-Rarely	01

TESTING, VERBIAGE	TEST	012-A34-5678-9	Seq # 0000
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Patient Name					Specimen Number		
TESTING, VERBIAGE					012-A34-5678-9		
Account Number	Patient ID	Control Number	Date and Time Collected	Date Reported	Sex	Age(Y/M/D)	Date of Birth
12345678	TEST		04/18/17 00:00	04/18/17	N	47/03/17	01/01/70

TESTS	RESULT	FLAG	UNITS	REFERENCE INTERVAL	LAB
Q2 Can't concentrate/focus	Sometimes	High		None-Rarely	01
Q3 Nothing gives pleasure	Rarely			None-Rarely	01
Q4 Tired, no energy	None			None-Rarely	01
Q6A Difficulty sleeping	Sometimes	High		None-Rarely	01
Q6B Sleeping too much	Often	High		None-Rarely	01
Q7A Decreased appetite	Most time	High		None-Rarely	01
Q7B Increased appetite	Often	High		None-Rarely	01
Q8 Tense anxious can't sit	Sometimes	High		None-Rarely	01
Q9 Worried or fearful	Rarely			None-Rarely	01
Q10 Panic Attacks	None			None-Rarely	01
Q11 Dying losing control	Rarely			None-Rarely	01
Q12 Nervous shaky social	Sometimes	High		None-Rarely	01
Q13 Nightmares, flashbacks	Often	High		None-Rarely	01
Q14 Jumpy, startled easily	Most time	High		None-Rarely	01
Q15 Avoids places	Often	High		None-Rarely	01
Q16 Dull numb or detached	Sometimes	High		None-Rarely	01
Q17 Can't get thoughts out	Rarely			None-Rarely	01
Q18 Must repeat rituals	None			None-Rarely	01
Q19 Need to check/recheck	Rarely			None-Rarely	01
Q20 More energy than usual	Sometimes	High		None-Rarely	01
Q21 Irritable angry	Often	High		None-Rarely	01
Q22 Excited revved high	Most time	High		None-Rarely	01
Q23 Needed less sleep	Often	High		None-Rarely	01
Comments:					01

The M3 Score reflects relative symptom severity. The M3 Gateway, when positive, reflects a negative impact on lifestyle and function. Both are considered when assessing diagnosis risk and when comparing prior scores [1]. The Diagnosis Risk reflects the likelihood of having a diagnosis based on both the Symptom and the Gateway ratings when compared to the MINI [2]. Those who deny role impairment (Q24-25), substance abuse (Q26-27), and suicidal ideation (Q5), will have a negative Gateway and negative Diagnosis Risk, even with higher symptom scores. People with negative Gateways and M3 Scores less than 33 have the lowest likelihood of having a diagnosis.

The highest M3 Score is 108.

- A) All proposed categories of Risk (low, med, high) are positive and may be used for risk stratification pending further studies.
- B) The M-3 Checklist is a screening test designed to aid in the detection of common mental health conditions. It is not a diagnostic procedure and should not be used as the sole means of detecting these conditions. Both false-positive and false-negative reports do occur [1]. The diagnoses screened for include major depressive, bipolar, posttraumatic stress, and anxiety disorders (generalized anxiety, social anxiety, panic, and obsessive-compulsive disorders).

TESTING, VERBIAGE	TEST	012-A34-5678-9	Seq # 0000
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04/19/17 16:28 ET

DUPLICATE FINAL REPORT

Page 2 of 3



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TESTING, VERBIAGE					Patient Name			Specimen Number 012-A34-5678-9		
Account Number 12345678	Patient ID TEST	Control Number	Date and Time Collected 04/18/17 00:00	Date Reported 04/18/17	Sex N	Age(Y/M/D) 47/03/17	Date of Birth 01/01/70			

TESTS	RESULT	FLAG	UNITS	REFERENCE INTERVAL	LAB
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C) When the Gateway Questions 24, 25, 26, or 27, or Question 5, are out of range, this suggests a positive impairment, meaning a likely impact on lifestyle.

D) Symptom subscores in the Moderate or Severe range are flagged with a High.

E) Patient instructions are as follows:

For Q1-Q19: 'Over the past two weeks, have there been phases or periods when you have noticed the following?'

For Q20-Q23: 'Since you last took this screen, have there been phases or periods when you have noticed the following?'

For Q24-Q27: 'Have you noticed whether any of the symptoms you described:'

References:

[1] Gaynes et al., 2010. Feasibility and Diagnostic Validity of the M-3 Checklist: A Brief, Self-Rated Screen for Depressive, Bipolar, Anxiety, and Post-traumatic Stress Disorders in Primary Care. Ann Fam Med 8(2):160.

[2] Sheehan et al., 1998. The Mini-International Neuropsychiatric Interview (M.I.N.I.): The Development and Validation of a Structured Diagnostic Psychiatric Interview for DSM-IV and ICD-10. J Clin Psych 59(20):22.

Disclaimer:

This is not intended as a medical or other professional service, and the use of the M-3 Checklist or any other M3 materials is not intended to create, and does not create any medical or other professional services relationship. Use of the M-3 Checklist and other M3 materials is not an adequate substitute for obtaining medical or other professional advice, diagnosis or treatment from a qualified licensed healthcare provider. The M-3 Checklist and other M3 materials are provided 'as is' without any warranties of any kind, either express or implied, and M3 disclaims all warranties including liability for indirect or consequential damages. M3 Checklist was developed by M3 Information, and the assessment is made available through LabCorp, its exclusive US distributor.

M-3 Checklist (c) 2010, M-3 Information, LLC

PDF Image

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01	M3IMD M-3 Information LLC 155 Gibbs Street Suite 522, Rockville, MD 20850-0392	Dir: Steve Daviss, MD
For inquiries, the physician may contact Branch: 800-762-4344 Lab: 301-444-4400		

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04/19/17 16:28 ET

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Page 3 of 3

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DOC1 Ver: 1.49

Patient Name: VERBIAGE TESTING

DOB: 01/01/1970 (Age 47) ID: 012A3456789

Provider Name: TESTING ACCOUNT

Gender: NotSpecified

Collected: 04/18/2017 00:00 Assessment Date/Time: 04/18/2017 03:03 PM

M3 Checklist

M3 Score :	49 (High)	Reference Range : 0-32
M3 Gateway :	Positive - Medium	Reference Range : Negative

Diagnosis Risk

	Negative	Positive		
		Low	Medium	High
Depression Diagnosis Risk		Low		
Bipolar Diagnosis Risk				High
Anxiety Diagnosis Risk			Medium	
PTSD Diagnosis Risk				High

Gateway Questions

	None of the time	Rarely	Sometimes	Often	Most of the time
Suicidal Thoughts		•			
Work/School			•		
Family/Friends		•			
Alcohol	•				
Drugs	•				

'Normal' Range ← → High

Symptom Severity (with Reference Range)

	Normal	Mild	Mod	Severe
M3 Depression Symptom Subscore	(0-6)	(7-12)	14 (13-19)	(20-28)
M3 Bipolar Symptom Subscore	(0-3)	(4-7)	(8-11)	12 (12-16)
M3 Anxiety Symptom Subscore	(0-10)	20 (11-21)	(22-33)	(34-48)
M3 PTSD Symptom Subscore	(0-3)	(4-7)	(8-11)	12 (12-16)

'Normal' Range ← → High

Questions

	None	Rarely	Sometimes	Often	Most time
1. I feel sad, down in the dumps or unhappy				•	
2. I can't concentrate or focus			•		
3. Nothing seems to give me much pleasure		•			
4. I feel tired; have no energy	•				
5. I have had thoughts of suicide		•			
6a. I have difficulty sleeping			•		
6b. I have been sleeping too much				•	
7a. I have lost some appetite					•
7b. I have been eating more				•	
8. I feel tense, anxious or can't sit still			•		
9. I feel worried or fearful		•			
10. I have attacks of anxiety or panic	•				
11. I worry about dying or losing control		•			
12. I am nervous or shaky in social situations			•		
13. I have nightmares or flashbacks				•	
14. I am jumpy or feel startled easily					•
15. I avoid places that strongly remind me of a bad experience				•	
16. I feel dull, numb, or detached			•		
17. I can't get certain thoughts out of my mind		•			
18. I feel I must repeat certain acts or rituals	•				
19. I feel the need to check and recheck things		•			
20. Had more energy than usual			•		
21. Felt unusually irritable or angry				•	
22. Felt unusually excited, revved up or high					•
23. Needed less sleep than usual				•	
24. Interferes with work or school			•		
25. Affects my relationships with friends or family		•			
26. Has led to my using alcohol to get by	•				
27. Has led to my using drugs	•				

'Normal' Range ← → High

COMMENTS: The M3 Score reflects relative symptom severity. The M3 Gateway, when positive, reflects a negative impact on lifestyle and function. Both are considered when assessing diagnosis risk and when comparing prior scores [1]. The Diagnosis Risk reflects the likelihood of having a diagnosis based on both the Symptom and the Gateway ratings when compared to the MINI [2]. Those who deny role impairment (Q24-25), substance abuse (Q26-27), and suicidal ideation (Q5), will have a negative Gateway and negative Diagnosis Risk, even with higher symptom scores. People with negative Gateways and M3 Scores less than 33 have the lowest likelihood of having a diagnosis. The highest M3 Score is 108.

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M3IMD M-3 Information LLC Dir: Chief Medical Officer 301-444-4414
155 Gibbs Street Suite 522, Rockville, MD 20850-0392
For Enquiries, the physician may contact Branch: 800-762-4344 Lab: 336-222-7566