SEVEN HILLS HOSPITAL

2026 Outcomes Data

Seven Hills Hospital is a leading provider of comprehensive inpatient treatment for individuals who are struggling with mental health and addiction concerns. Our state-of-the-art hospital offers the ideal setting for patients to begin their healing journeys.

To help ensure that we maintain clinical excellence, we utilize measurement-based care (MBC), which is an evidence-based process that involves patients being routinely assessed throughout the course of treatment. MBC is associated with increased symptom improvement, higher treatment engagement, and the delivery of more efficient and effective care.[1] The data shown in this document was collected using validated patient-reported clinical assessments.

[1] *Lewis CC, Boyd M, Puspitasari A, et al. Implementing Measurement-Based Care in Behavioral Health: A Review. JAMA Psychiatry. 2019;76(3):324–335. doi:10.1001/jamapsychiatry.2018.3329*

Population Represented in the Data

This data is representative of adults age 18 and older who were discharged from Seven Hills Hospital between January 2026 and June 2026.* **The patient sample size includes 1,864 individuals who received any diagnosis.**

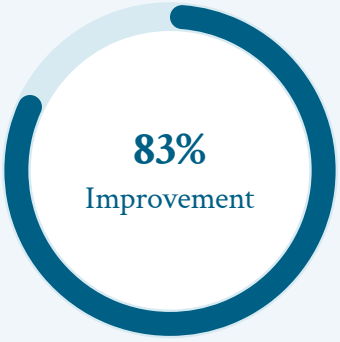
Assessments & Questionnaires Used

- **MHQoL** (quality of life)
- **PHQ-9** (depressive symptoms)
- **GAD-7** (anxiety symptoms)

**Patients were included in the data set if they met the following criteria:*

1. *Patient agreed to complete the assessments and/or was deemed capable of doing so.*
2. *Patient did not endorse 0s on both GAD-7 and PHQ-9 at admission or discharge.*

92% of patients experienced clinically significant improvement on at least one patient-reported clinical assessment.* *(n=1,864)*



Of those with elevated depression scores, 83% experienced clinically significant improvement in depressive symptoms.* *(n=454)*

Of those with elevated anxiety scores, 96% experienced clinically significant improvement in anxiety symptoms.* *(n=449)*

**Clinically significant refers to a change that surpasses the Minimal Clinically Important Difference (MCID) threshold, as established in the scientific literature on treatment outcomes.*