

The ARCHIVES OF FAMILY MEDICINE is a member of the consortium of AMA journals listed below. The complete text of all AMA journals is available online from Dialog Information Services and Information Access Company.

The Journal of the American Medical Association (JAMA)

- Archives of Dermatology
- Archives of Family Medicine
- Archives of General Psychiatry
- Archives of Internal Medicine
- Archives of Neurology
- Archives of Ophthalmology
- Archives of Otolaryngology—Head & Neck Surgery
- Archives of Pathology & Laboratory Medicine
- Archives of Pediatrics & Adolescent Medicine
- Archives of Surgery

The ARCHIVES OF FAMILY MEDICINE (ISSN 1063-3987) is published bi-monthly, by the American Medical Association, 515 N State St, Chicago, IL 60610, and is an official publication of the Association. THE ARCHIVES OF FAMILY MEDICINE reaches more than 40 000 readers in over 40 countries. Periodicals postage paid at Chicago, IL and at additional mailing offices. GST registration number 12622 5556 RT. Canada Post International Publications Mail (Canadian Distribution) Sales Agreement No. 319600. Printed in the USA.

SUBSCRIPTION RATES—The personal subscription rates for the ARCHIVES OF FAMILY MEDICINE are \$95 for 1 year (6 issues) in the United States and US possessions; \$145 in the Americas; £95 outside the Americas. The institution rates for 1 year are \$195 in the United States; \$295 in the Americas; £145 outside the Americas. Special rates for residents and medical students are available. Address all subscription communications to: Subscriber Services Center, American Medical Association, PO Box 10946, Chicago, IL 60610-0946. Phone: (800) 262-2350. Fax: (312) 464-5831. E-mail: ama-subs@ama-assn.org. For mailing addresses outside the United States and US possessions, see International Subscription Information.

CHANGE OF ADDRESS—POSTMASTER, send all address changes to ARCHIVES OF FAMILY MEDICINE, c/o Subscriber Services, American Medical Association, 515 N State St, Chicago, IL 60610. Please notify us of address change at least 6 weeks in advance to ensure uninterrupted service. Include both old and new addresses, a recent mailing label, and new ZIP code. For mailing addresses

outside the United States and US possessions, see International Subscription Information.

SUBSCRIBER SERVICES—For information about subscribing to any of the AMA publications, change of address, missing issues, or purchasing back issues, please contact Subscriber Services Center, American Medical Association, PO Box 10946, Chicago, IL 60610-0946, or call (800) 262-2350 or (312) 670-SUBS (670-7827) between 8:30 AM and 4:30 PM CST. Fax: (312) 464-5831. E-mail: ama-subs@ama-assn.org. For mailing addresses outside the United States and US possessions, see International Subscription Information.

INTERNATIONAL SUBSCRIPTION INFORMATION—Subscriptions outside the United States and US possessions are served according to geographic region. Please address correspondence to the following 2 offices based on delivery address: (1) For delivery in North America, Central America, and South America, contact Subscriber Services Center, AMA, PO Box 10946, Chicago, IL 60610-0946. Phone (312) 670-7827. Fax: (312) 464-5831. E-mail: ama-subs@ama-assn.org. (2) For delivery outside the Americas, contact JAMA & Archives Journals, Reader Services Centre, PO Box 299, London WC1H 9TD, England. Phone: +44(0)171-383-6270. Fax: +44(0)171-383-6402. E-mail: jama-archives@dial.pipex.com.

REPRINTS—Authors place their reprint order at the time the edited typescript is reviewed and should allow 4 to 6 weeks for delivery following publication. Requests for individual reprints should be sent directly to the author at the address shown in the article.

For bulk reprint orders for distribution by commercial organizations, please contact Wanda Bartolotta, 500 Fifth Ave, #2210, New York, NY 10010. Phone: (212) 354-0050. Fax: (212) 354-1169. E-mail: QGZR06A@Prodigy.com. For reprint orders in limited quantities for distribution by educational organizations, please contact Joseph R. Rekash, 515 N State St, Chicago, IL 60610. Phone: (312) 464-4594. Fax: (312) 464-4849.

WORLD WIDE WEB ADDRESS—<http://www.ama-assn.org>.

FAMILY MEDICINE HOME PAGE—<http://www.ama-assn.org/family>.

PERMISSIONS—Contact Ada Jimenez-Walker, Permissions Assistant, 515 N State St, Chicago, IL 60610. Phone: (312) 464-2513.

ADVERTISING PRINCIPLES—Each advertisement in this issue has been reviewed and complies with the principles governing advertising in AMA scientific publications. A copy of these principles is available on request. The appearance of advertising in AMA publications is not an AMA guarantee or endorsement of the product or the claims made for the product by the manufacturer.

Publication Staff
Offices: 515 N State St
Chicago, IL 60610

**Editorial Processing Department,
Archives Journals**

Director: Paula Glitman
Manager: Vickey Golden
Freelance Manager: Diane L. Cannon
Freelance Coordinator:
Connie Manno

Electronic Editing Specialist:
Paul Frank

Assistant Electronic Editing Specialist:
Monica Mungle

Senior Copy Editor:
Brenda Gregoline

Copy Editor:
Michelle Kurzynski

Editorial Assistant: Celina Canchola

**Scientific Information and
Multimedia Group**

Administrative Assistant: Helga Fritz

New Media Editorial Office

Editorial Director, New Media:
William M. Silberg

Associate Editor: Marty Suter

Assistant Editors:
Deborah Flapan
Neil Shankman

Staff Assistant: Marla A. Hall

Production & Distribution Division

Manager, Budgets & Costs:
Bonnie Van Clevon

Publishing Manufacturing Analyst:
Diane Darnell

Office Manager: Karen Branham
Senior Secretary: Shannon Epplett

**Advertising & Production
Department**

Director: Karen Adams-Taylor
Production Specialist: Terri Hanley
Manager, Advertising Services:
Carole Piszker

Manager, Production Services:
Susan Price

Supervisors, Production Services:
Debbie Camp
Betty Frigerio

Production Associates:
Mari Guizzetti
Sarah Powell
Jo Anne Turner
Carmela Ware

Production Assistant: Bryan Irzyk

Distribution

Distribution Manager: Paul Gasielcki
Senior Traffic Control Specialist:
Michael McGraw
Traffic Control Specialist:
Victoria Buckner

Electronic Production Department

Director: Linda Knott
Manager, Composition: Phil Arko
Electronic Production Operators:
Brenda Chandler
Amy Evers
Mary Ann Kuranda
Sandra Lopez

Graphics Manager: Charl Richey
Graphics Operators:
Joe Amft
Maria Kowalkowski
JoAnne Weiskopf
Alicja Wojcik-Dunn

Manager, Proofreading:
Teresa H. Omietek

Proofreaders:
David Antos
Daniel James
Mary Kay Tinerella
Barbara Wojtowicz

Production Assistant: Ruth Sprague
Manager, Database & New Media:
Mary Ellen Johnston

Indexer: Kathy Gaydar
Database Assistants:
Gail Barrett
La'son J. Diggs
Melanie Parenti

Specialty Journal Division Office

Assistant to the Publisher:
Christine Hearne

**Circulation & Content
Marketing Division**

Administrative Assistant:
Millette Jackson-Bates

Circulation Processing Department

Director: Beverly Martin

Circulation Development Department

Director: Bina Oza

Licensing & Permissions Department

Director: Norman Frankel
Permissions: Ada Jimenez-Walker
International Coordinator: Sharon Ali

Reprints

Reprint Coordinator: Joseph Rekash



ARCHIVES OF FAMILY MEDICINE

www.ama-assn.org/family

VOL 7 NO. 5, SEPTEMBER/OCTOBER 1998

SPECIAL SELECTION

- Picture of the Month** 403
Nanette B. Silverberg, MD;
Rosemary M. Jackson, MD;
Teresita A. Laude, MD;
Walter W. Tunnessen, Jr, MD

LETTERS TO THE EDITOR

- Change in Coronary Risk Factor Levels
in Couples After Lifestyle Intervention** 405
Valerie Anderson-Grant, MD

- Chiropractic: A Fantasy and Delusion** 405
Tad Lonergan, MD

- In Reply** 405
Samuel Homola, DC

SERIES ON PRACTICE MANAGEMENT

- Assessing Quality of Care via HEDIS 3.0:
Is There a Better Way?** 410
Arch G. Mainous III, PhD;
Jeffery Talbert, PhD



EDITORIAL

- Measuring the Health of Seniors** 415
James K. Cooper, MD

ORIGINAL CONTRIBUTIONS

- The Patient Self-Determination Act
and Advance Directive Completion
in Nursing Homes** 417
Elizabeth H. Bradley, PhD;
Terrie Wetle, PhD;
Sarah M. Horwitz, PhD



- Transdermal Nicotine Therapy and
Primary Care: Importance of
Counseling, Demographic, and
Participant Selection Factors
on 1-Year Quit Rates** 425
David Daughton, MS; Jeffrey Susman, MD;
Michael Sitorius, MD; Sergei Belenky, MD;
Tajuddin Millatmal, MD; Robert Nowak, PhD;
Kashinath Patil, PhD; Stephen I. Rennard, MD;
*for the Nebraska Primary Practice
Smoking Cessation Trial Group*



American Medical Association

Physicians dedicated to the health of America



Copyright 1998 by the American Medical Association. All rights reserved.
Reproduction without permission is prohibited.

All articles published, including editorials, letters, and book reviews, represent the opinions of the authors and do not reflect the policy of the American Medical Association, the Editorial Board, or the institution with which the author is affiliated, unless this is clearly specified.

E. Ratcliffe Anderson, Jr, MD
Executive Vice President,
Chief Executive Officer

Lynn Jensen, PhD
Chief Operating Officer

George D. Lundberg, MD
Editor in Chief, Scientific
Information and Multimedia

Robert L. Kennett
Interim Senior Vice President,
Publishing & Business Services

Peter L. Payerli
Publisher

Vanessa Hayden
Director, Production &
Distribution Division

Cheryl Iverson
Director, Editorial Processing Division

James A. Skowrenski
Director, Circulation &
Content Marketing Division

Geoffrey A. Flick
Manager, Marketing Services

Advertising Offices: East: Peter G. Messina, Kelly E. Lezynski, 119 Cherry Hill Rd, 3rd Flr, Parsippany, NJ 07054 (973) 263-9191. Midwest/West: Alexis A. O'Connell, 515 N State St, Chicago, IL 60610 (312) 464-2470. **AMA Classified Advertising Department:** Thalia Moss, Supervisor, 800-262-2260.

Religious Beliefs and Practices 431

in Family Medicine

Oliver Oyama, PhD;
Harold G. Koenig, MD, MHS



Knowledge of Periconceptional Folic Acid 438
for the Prevention of Neural Tube Defects:
The Missing Links

Miguel M. Bonin, MD, CCFP;
Jennifer A. Bretzlaff, BScN, RN;
Sandra A. Therrien, MA;
Brian H. Rowe, MD, MSc, CCFP(EM);
for the Northeastern Ontario Primary
Care Research Group



Relapse of Depression in Primary Care: 443
Rate and Clinical Predictors

Elizabeth H. B. Lin, MD, MPH;
Wayne J. Katon, MD; Michael VonKorff, ScD;
Joan E. Russo, PhD; Greg E. Simon, MD, MPH;
Terry M. Bush, PhD; Carolyn M. Rutter, PhD;
Edward A. Walker, MD; Evette Ludman, PhD



False Positives, False Negatives, and the 451
Validity of the Diagnosis of Major
Depression in Primary Care

Michael S. Klinkman, MD, MS;
James C. Coyne, PhD; Susan Gallo, PhD;
Thomas L. Schwenk, MD



EDITORIAL

Managing Our Depressed Patients: 462
Gold Standards vs Higher Standards

Marian R. Block, MD

ORIGINAL CONTRIBUTION

Diagnostic Efficiency of 465
Home Pregnancy Test Kits:
A Meta-analysis

Lori A. Bastian, MD, MPH;
Kavita Nanda, MD, MHS;
Vic Hasselblad, PhD;
David L. Simel, MD, MHS



QUESTION AND ANSWER

Frequently Asked Questions 470
From Clinical Practice

M. Lee Chambliss, MD, MSPH



CLINICAL REVIEW

Narcolepsy: Signs, Symptoms, 472
Differential Diagnosis, and Management

Phillip M. Green, MD;
Michael J. Stillman, PhD



ARCHIVES
OF
FAMILY MEDICINE

Editor:

Marjorie A. Bowman, MD, MPA
University of Pennsylvania
Health System
3400 Spruce St/1126 Penn Tower
Philadelphia, PA 19104-4283
Phone: (215) 662-3348
Fax: (215) 662-3591

Assistant to the Editor:

Patti Hutchings

Deputy Editor:

Joseph C. Konen, MD, MSPH
Charlotte, NC

Associate Editors:

Louise S. Acheson, MD, MS
Cleveland, Ohio

Charles E. Driscoll, MD

West Branch, Iowa

Steven C. Zweig, MD, MSPH
Columbia, Mo

Editorial Board:

Roberd M. Bostick, MD, MPH
Columbia, SC

Elizabeth A. Burns, MD, MA
Chicago, Ill

Doug Campos-Outcalt, MD, MPA
Phoenix, Ariz

Nancy W. Dickey, MD
Chicago, Ill

Allen J. Dietrich, MD
Hanover, NH

Joseph J. Gallo, MD, MPH
Baltimore, Md

Lillian Gelberg, MD, MSPH
Los Angeles, Calif

John G. Halvorsen, MD, MS
Peoria, Ill

James M. Herman, MD, MSPH
Hershey, Pa

Vahe A. Keukjian, MD
Hudson, NY

Arch G. Mainous III, PhD
Charleston, SC

Patrick J. O'Connor, MD, MPH
St Paul, Minn

Michael L. Parchman, MD
El Paso, Tex

Barbara D. Reed, MD, MSPH
Ann Arbor, Mich

**Len Scarpinato, DO, FACP,
FCCP, FAAFP**
Racine, Wis

David E. Swee, MD
New Brunswick, NJ

Susan Z. Yanovski, MD
Bethesda, Md

Statistical Consultant:

Mark A. Espeland, PhD
Winston-Salem, NC

BRIEF REPORTS

Use of a Structured Encounter Form to Improve Well-Child Care Documentation 480
Diane J. Madlon-Kay, MD

Elderly Patients' Preferences for Long-term Life Support 484
Donald J. Murphy, MD;
Sara Santilli, RN, MSN

BOOK REVIEW

Laboratory Tests and Diagnostic Procedures 489
Marjorie A. Bowman, MD, MPA

LIVING IN MEDICINE

One More Test 490
Ralph O. Bischof, MD

DEPARTMENTS

In Other AMA Journals 399

Archives CME 407

Instructions for Authors 493

Classified Advertising 499

Index to Advertisers 503



Answers to This Issue's Self-assessment Quiz

Q1. A Q2. D Q3. B Q4. C Q5. B Q6. A Q7. C
 Q8. E Q9. B Q10. C Q11. D Q12. E Q13. E Q14. B