



- Title** Preventive Health Screenings and Health Consultations in Primary Care – An Analysis of the Psychosocial Impact
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- Reference** Medicinsk Teknologivurdering - puljeprojekter 2006; 6(7). ISBN 87-7676-319-6 (online):  
www.sst.dk/publ/Publ2006/CEMTV/Ebeltoft/ebeltoft\_ptpersp.pdf

## Aim

To determine if it is recommendable to introduce, to the population, an offer of general health checks and health discussions with one's own general practitioner (GP).

## Conclusions and results

The project addressed the patient perspective of offering general health checks and health discussions in general practice, whether the population is interested in being offered general health checks, and whether any ethical, psychological, or social problems can be linked to introducing such a scheme.

The randomized studies, ie, the Ebeltoft Health Promotion Project, do not indicate an association between long-lasting, poor self-assessed health, or poor emotional well being, and being offered or participating in general health checks. Most participants did not experience a negative impact from their participation. On the contrary, many participants reported a positive impact. Nonrandomized followup studies and cross-sectional studies show that some participants are anxious or worry about their health and mental well-being, including depressive symptoms in the short term. There is no evidence that these impacts are long-lasting or permanent. In general, people have been interested in and satisfied with their participation in the studies.

## Recommendations

Based solely on our present knowledge about the patient perspective, it is not recommended to offer the population general health checks and health discussions with their own GP as there is no evidence of an improvement in participants' emotional well being, self-assessed health, or other related parameters after participation. However, the decision to offer general health checks and health discussions should not be based on the patient perspective alone. It is also important to consider organizational, economic, and technological effects.

## Methods

A systematic literature search was conducted and data were analyzed concerning aspects of the patient perspective from the Ebeltoft Health Promotion Project, a Danish randomized trial investigating the impact of general health checks and health discussions in general practice.