

INDICATION FOR ADULT DEPRESSION SCREENING

TWO QUESTION SCREEN

During the past month, have you often been bothered by:

Little interest or pleasure in doing things?

Feeling down, depressed, or hopeless?

If the patient responds "YES" to either question, consider using the PHQ-9 questionnaire to confirm diagnosis and level of severity

RED FLAGS

- ☞ Multiple Recurrent/Somatic Complaints
- ☞ Chronic Illness
- ☞ Chronic Pain
- ☞ Prior History of Depression
- ☞ Observed Low Mood
- ☞ Stress or Anxiety
- ☞ Sleep Disorder
- ☞ Inability to Concentrate
- ☞ Sexual Dysfunction
- ☞ Presence of Work/Social Stressors
- ☞ Recent Health Status Changes
- ☞ Irritability
- ☞ Weight Gain/Loss

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Indications for Adult Screening

- q First-degree biologic relative with history of depression
- q Two or more chronic diseases
- q Obesity
- q Chronic pain (e.g., backache, headache)
- q Impoverished home environment
- q Financial strain
- q Experiencing major life changes
- q Pregnant or postpartum
- q Socially isolated
- q Multiple vague symptoms (e.g., gastrointestinal, cardiovascular, neurologic)
- q Fatigue or sleep disturbance
- q Substance abuse, such as alcohol or street drugs
- q Loss of interest in sexual activity
- q Elderly age