

## PHQ-9 SCREENING AND DIAGNOSIS

### PHQ-9 Quick Depression Assessment for Initial Diagnosis:

- If there are at least **4** positive responses in the “*More than half the days*” or “*Nearly every day*” columns (including Questions #1 and #2), consider a **depressive disorder**.

**Add scores to determine severity.**

- Consider **Major Depressive Disorder** if there are at least **5** positive responses in the “*More than half the days*” or “*Nearly every day*” columns (one of which is Question #1 or #2).
- Consider **Other Depressive Disorder** If there are **2 - 4** positive responses in the “*More than half the days*” or “*Nearly every day*” columns (one of which is Question #1 or #2).
- **Functional Assessment: Question #10**

**NOTE:** Diagnoses of Major Depressive Disorder or Other Depressive Disorder also require impairment of social, occupational, or other important areas of functioning and ruling out normal bereavement, a history of Manic Episode (Bipolar Disorder), and a physical disorder, medication or other drug as the biological cause of the symptoms.

Patient Health Questionnaire (PHQ-9) Form Symptoms & Impairment	PHQ-9 Severity	Provisional Diagnosis
1 - 4 symptoms ( <u>not</u> including questions 1 or 2), + functional impairment	<10	<b>Mild or Minimal Depressive Symptoms</b>
2-4 symptoms <b>including</b> question 1 or 2, + functional impairment	10 - 14	<b>Moderate Depressive Symptoms (Minor Depression)*</b>
≥ 5 symptoms including question 1 or 2, + functional impairment	15 - 19	<b>Moderate Severe Major Depression</b>
≥ 5 symptoms including question 1 or 2, + functional impairment	≥ 20	<b>Severe Major Depression</b>

\* If symptoms present for > **2 years**, chronic depression, or functional impairment is severe, remission with watchful waiting is unlikely. **IMMEDIATE** active treatment is indicated for Minor Depression

<b>Three (3) Phases of Depression Treatment **</b>	
<b>Acute Phase</b>	aims at minimizing depressive symptoms - typically <b>first 3 - 4 months</b> of therapy
<b>Continuation Phase</b>	tries to prevent return of symptoms <u>in the current episode</u> - <b>4-12 months</b> (repeat PHQ-9 Q 4 - 6 months).
<b>Maintenance Phase</b>	tries to prevent return of symptoms <u>within 2 years</u> - <b>12 - 24 months</b>
<b>Medication Therapy is recommended for at least 9 months after return to well state.</b>	

\*\* **REFERRAL** or co-management with mental health specialty clinician if the patient is:

High Suicide Risk

Bipolar Disorder

Inadequate Treatment Response

Complex Psychosocial Needs

Other Active Mental Disorder



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