



Women's Health Council of RI

SCREENING FOR DEPRESSION

WHY SCREEN

Depression is common in primary care patients. Screening can improve the accurate identification of depression; it might also identify patients who have been ineffectively treated.

GROUPS AT HIGHER-RISK FOR DEPRESSION

- Women (compared to men)
- People with other psychiatric disorders, including substance misuse
- People with a family history of depression
- People with chronic medical diseases
- Unemployed people or those of lower socioeconomic status
- Older adults who experience difficult life events such as medical illness, cognitive decline, bereavement, and institutional placement in residential or inpatient settings

AFTER SCREENING

- Explore other possible causes for depression (i.e. hypothyroidism, medication or substance use)
- Provide follow-up care or a referral if depression is recognized
- Determine whether the person meets diagnostic criteria for a depressive disorder
- Assess for co-existing psychiatric disorders

www.womenshealthcouncil.org

PATIENT SELF SCREENING

To help determine a patient's mental health status, ask her to complete this form prior to an office visit. For information on how to score, go to www.womenshealthcouncil.org/new-tools-2/phq9

PATIENT HEALTH QUESTIONNAIRE (PHQ-9)

Over the last 2 weeks, how often have you been bothered by any of the following problems?

(Fill in the number that corresponds with your response)

Not at All = **0**, Several Days = **1**,
More than Half the Days = **2**, Nearly Every Day = **3**

- ___ Little interest or pleasure in doing things
- ___ Feeling down, depressed, or hopeless
- ___ Trouble falling or staying asleep, or sleeping too much
- ___ Feeling tired or having little energy
- ___ Poor appetite or overeating
- ___ Feeling bad about yourself—or that you are a failure or have let yourself or your family down
- ___ Trouble concentrating on things, such as reading the newspaper or watching television
- ___ Moving or speaking so slowly that other people could have noticed? Or the opposite—being so fidgety or restless that you have been moving around a lot more than usual
- ___ Thoughts that you would be better off dead or of hurting yourself in some way

SOURCES: U.S. Preventive Services Task Force. Screening for depression in adults: U.S. Preventive Services Task Force Recommendation Statement. Ann Intern Med 2009;151:784-792., PHQ9 developed by Drs. Robert L. Spitzer, Janet B.W. Williams, Kurt Kroenke and colleagues, with an educational grant from Pfizer Inc. No permission required to reproduce, translate, display or distribute. U.S. Preventive Services Task Force. Screening for depression in adults: U.S. Preventive Services Task Force Recommendation Statement. Ann Intern Med 2009;151:784-792.

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