



# Detecting Depression in the Primary Care Setting

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# Disclosures and Learning Objectives

- Learning Objectives
  - Know the 9 criteria for MDD
  - Be able to name 3 times to screen for depression
  - Know how to use the PHQ-2 and PHQ-9

*Disclosures: The presenter has nothing to disclose.*

# Depression in the Primary Care Setting

- Why Depression Matters
- What is Depression
- When to Screen for Depression
- How to Screen for Depression
  - PHQ-2
  - PHQ-9
  - GDS and CSDD
- Next Week's Topic

# Why Bother?

The CDC estimates that as many as 5% of those over age 11 have depression

[https://www.magellanprovider.com/MHS/MGL/education/member\\_ed/F-PCE10%20PCP%20Dep.pdf](https://www.magellanprovider.com/MHS/MGL/education/member_ed/F-PCE10%20PCP%20Dep.pdf)

Roughly 1 in 6 Americans will have meet criteria for Major Depressive Disorder at some point in their lives

[https://www.icsi.org/guidelines\\_more/catalog\\_guidelines\\_and\\_more/catalog\\_guidelines/catalog\\_behavioral\\_health\\_guidelines/depression/](https://www.icsi.org/guidelines_more/catalog_guidelines_and_more/catalog_guidelines/catalog_behavioral_health_guidelines/depression/)

**Depression is Treatable!**

# Why bother in the Primary Care Setting?

More than 70% of Americans who seek treatment for depression do so from PCP's

[https://www.magellanprovider.com/MHS/MGL/education/member\\_ed/F-PCE10%20PCP%20Dep.pdf](https://www.magellanprovider.com/MHS/MGL/education/member_ed/F-PCE10%20PCP%20Dep.pdf)

More than 70% of antidepressants are prescribed in primary care

[https://www.icsi.org/guidelines\\_more/catalog\\_guidelines\\_and\\_more/catalog\\_guidelines/catalog\\_behavioral\\_health\\_guidelines/depression/](https://www.icsi.org/guidelines_more/catalog_guidelines_and_more/catalog_guidelines/catalog_behavioral_health_guidelines/depression/)

Depressive Symptoms and Severity vary little between Primary Care and specialty care settings

<http://www.annfammed.org/content/5/2/126.full.pdf>

# Depression co-occurs

Risk of depression is much higher in certain medical illnesses

1 out of 20 American adults

3 out of 20 with diabetes

8 out of 20 stroke survivors

4-12 out of 20 people with cancer

13 out of 20 heart attack survivors

[https://www.magellanprovider.com/MHS/MGL/education/member\\_ed/F-PCE10%20PCP%20Dep.pdf](https://www.magellanprovider.com/MHS/MGL/education/member_ed/F-PCE10%20PCP%20Dep.pdf)

# What is Depression?

- An abnormally low mood that interferes
- There are several types of depression
  - Major Depressive Disorder
  - Persistent Depressive Disorder
  - Bipolar Depression
  - Substance-induced Mood Disorder
  - Depression due to Medical Illness
  - Depressive Disorder NOS

# Major Depressive Disorder

At least five of the following symptoms have been present during the same 2-week period and represent a change from previous functioning: at least one of the symptoms is either 1) depressed mood or 2) loss of interest or pleasure.

- Depressed mood most of the day, nearly every day, as indicated either by subjective report (e.g., feels sad or empty) or observation made by others (e.g., appears tearful)
- Markedly diminished interest or pleasure in all, or almost all, activities most of the day, nearly every day (as indicated either by subjective account or observation made by others)
- Significant weight loss when not dieting or weight gain (e.g., a change of more than 5% of body weight in a month), or decrease or increase in appetite nearly every day
- Insomnia or hypersomnia nearly every day



- Psychomotor agitation or retardation nearly every day (observable by others, not merely subjective feelings of restlessness or being slowed down)
- Fatigue or loss of energy nearly every day
- Feelings of worthlessness or excessive or inappropriate guilt (which may be delusional) nearly every day (not merely self-reproach or guilt about being sick)
- Diminished ability to think or concentrate, or indecisiveness, nearly every day (either by subjective account or as observed by others)
- Recurrent thoughts of death (not just fear of dying), recurrent suicidal ideation without a specific plan, or a suicide attempt or specific plan for committing suicide

# SIG E CAPS for Depression

S sleep decreased (or increased)

I interest decreased

G guilt or worthlessness

E energy decreased

C concentration difficulties

A appetite disturbance or weight loss

P psychomotor agitation or retardation

S suicidal thoughts

*and depressed mood!*

# When to Screen for Depression

- Family predisposition to depression
- Previous history of any psychiatric disorder
- Two or more chronic diseases
- Stressful home or work environment
- Recent history of major loss (health, relationship, job)
- Multiple vague symptoms, aches, and pains
- Loss of interest in sexual activity
- Older adults

<http://www.nimh.nih.gov/health/topics/depression/men-and-depression/men-and-depression-screening-and-treatment-in-primary-care-settings.shtml>

# PHQ-2 – Yes or No

- Answer yes or no to both questions below
- In past 2 weeks, have you been bothered by:
  - Little interest or pleasure in doing things?
  - Feeling down, depressed or hopeless?
- Interpretation
  - Positive if yes answer to either question
  - Administer PHQ-9 if positive
  - 96% Sensitivity, 57% Specificity

[http://www.cqaimh.org/pdf/tool\\_phq2.pdf](http://www.cqaimh.org/pdf/tool_phq2.pdf)

<http://www.cchci.org/forms/english/phq.pdf>

# PHQ-2 - Scaled

- Answer key for 2 questions below
  - Not at all: 0
  - Several days: 1
  - More than half the days: 2
  - Nearly every day: 3
- In past 2 weeks, how often have you been bothered by:
  - Little interest or pleasure in doing things?
  - Feeling down, depressed or hopeless?
- Interpretation
  - Positive if 3 or more points
  - Administer PHQ-9 if positive
  - 83% Sensitivity, 92% Specificity

[http://www.cqaimh.org/pdf/tool\\_phq2.pdf](http://www.cqaimh.org/pdf/tool_phq2.pdf)

<http://www.cchci.org/forms/english/phq.pdf>

# PHQ-9 – Scaled

In the past 2 weeks, how often have you been bothered by:

- Little interest or pleasure in doing things?
- Feeling down, depressed or hopeless?
- Sleep Problems
  - Trouble falling asleep
  - Trouble staying asleep
  - Sleeping too much
- Feeling tired or having no energy?
- Poor appetite or Overeating

# PHQ-9 - Scaled

- Feeling bad about yourself?
  - That you are a failure
  - Have let yourself or your family down
- Trouble concentrating on things?
  - Reading the newspaper
  - Watching television
- Moving or speaking so slowly people have noticed
- So fidgety or restless – moving around a lot more
- Thoughts of suicide
  - Thoughts that you would be better off dead
  - Thoughts of hurting yourself in some way

# PHQ-9 - Interpretation

## Interpretation

- Score 0-4: No depression symptoms
  - Score 5-9: Minor depression symptoms
  - Score 10-14: Moderate depression symptoms
  - Score 15-19: Moderate to severe depression symptoms
  - Score 20 or more: Severe depression symptoms
- 
- Sensitivity – 88%                      Specificity – 88%

[http://www.cqaimh.org/pdf/tool\\_phq9.pdf](http://www.cqaimh.org/pdf/tool_phq9.pdf)

<http://www.integration.samhsa.gov/images/res/PHQ%20-%20Questions.pdf>



# GDS and CSDD

- Geriatric Depression Scale – Short Form
  - 15 yes or no questions
  - Score greater than 5 suggests depression
  - 92% Sensitivity and 89% Specificity

[http://consultgerirn.org/uploads/File/trythis/try\\_this\\_4.pdf](http://consultgerirn.org/uploads/File/trythis/try_this_4.pdf)

<http://www.healthcare.uiowa.edu/igec/tools/depression/GDS.pdf>

- Cornell Scale for Depression in Dementia
  - 19 scaled questions
  - Score of 12 or more indicates probable depression
  - 93% sensitivity, 97% specificity

[http://www.primaris.org/sites/default/files/resources/Depression/depression\\_cornell%20scale%20for%20depression%20final.pdf](http://www.primaris.org/sites/default/files/resources/Depression/depression_cornell%20scale%20for%20depression%20final.pdf)

# The End!



Next Week's  
Topic:

**Treating  
Depression**