

PHQ-9

Provisional Diagnosis and Treatment Recommendations

A depression diagnosis that warrants treatment or treatment change, needs at least one of the first two questions endorsed as positive (*little pleasure, feeling depressed*) indicating the symptom has been present more than half the time in the past two weeks. In addition, the tenth question about difficulty at work or home, or getting along with others, must be answered at least "somewhat difficult."

When a depression diagnosis has been made, patient preferences should be considered, especially when choosing between treatment recommendations of antidepressant treatment and psychotherapy.

PHQ-9 Score	Provisional Diagnosis	Treatment Recommendations*	Referral to Aetna Care Planner
5-9	Minimal symptoms**	<ul style="list-style-type: none"> ■ Support, and educate to call if worse; return in one month 	Referral to care planner may not be needed, but the program is available when the physician's clinical judgment warrants
10-14	Minor depression++ Dysthymia** Major depression, <i>mild</i>	<ul style="list-style-type: none"> ■ Support, watchful waiting ■ Antidepressant or Psychotherapy ■ Antidepressant or Psychotherapy 	Yes
15-19	Major depression, <i>moderately severe</i>	<ul style="list-style-type: none"> ■ Antidepressant or Psychotherapy 	
20	Major depression, <i>severe</i>	<ul style="list-style-type: none"> ■ Antidepressant <u>and</u> psychotherapy (especially if not improved on monotherapy) 	(except for urgent/emergent situations)

* If, in a physician's clinical judgment, a patient is at risk for suicide, the physician should follow his/her normal practice procedures for potential urgent/emergent mental health issues.

** If symptoms present \geq two years, then probable chronic depression which warrants antidepressants or psychotherapy (ask, "In the past 2 years have you felt depressed or sad most days, even if you felt okay sometimes?")

++ If symptoms present \geq one month or severe functional impairment, consider active treatment.

Adapted from 3CM Three Component Model™ with permission. 2005.

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