

# Diagnostic Checklist and Scorecard



## Sample

NAME: John Sample

DATE: \_\_\_\_\_

Over the last 2 weeks, how often have you been bothered by any of the following problems? (use "✓" to indicate your answer).

	Not at all	Several days	More than half the days	Nearly every day
1. Little interest or pleasure in doing things	0	1	2 ✓	3
2. Feeling down, depressed, or hopeless	0	1 ✓	2	3
3. Trouble falling or staying asleep, or sleeping too much	0	1	2 ✓	3
4. Feeling tired or having little energy	0	1	2	3 ✓
5. Poor appetite or overeating	0	1 ✓	2	3
6. Feeling bad about yourself -- or that you are a failure or have let yourself or your family down	0	1	2 ✓	3
7. Trouble concentrating on things, such as reading the newspaper or watching television	0	1	2 ✓	3
8. Moving or speaking so slowly that other people have noticed. Or the opposite -- being so fidgety or restless that you have been moving around a lot more than usual	0	1	2 ✓	3
9. Thoughts that you would be better off dead, or of hurting yourself in some way	0 ✓	1	2	3

add columns:

2

+

10

+

3

(Healthcare professional: For interpretation of TOTAL, please refer to accompanying scoring card).

TOTAL:

15

10. If you checked off any problems, how difficult have these problems made it for you to do your work, take care of things at home, or get along with other people?

Not difficult at all

\_\_\_\_\_

Somewhat difficult

✓ \_\_\_\_\_

Very difficult

\_\_\_\_\_

Extremely difficult

\_\_\_\_\_

Question 1 or 2 must be  $\geq 2$  for a diagnosis of Depression.

Pay special attention to: #9 if score is  $\geq 1$  and

#10 if score is at least *somewhat difficult*.

(See other side for scoring card)

<b>Diagnostic Scoring: Categories 1 &amp; 2</b>			
<b>PHQ-9 Symptoms &amp; Impairment</b>	<b>PHQ-9 Severity</b>	<b>Provisional Diagnosis</b>	<b>Suggested Treatment **</b>
<b>Category 1</b> 1 to 4 symptoms, functional impairment	<10	<b>Mild or Minimal Depressive Symptoms</b>  <i>See Alternate Codes</i>	<i>Watchful waiting, with a re-evaluation in 4 to 8 weeks</i> <ul style="list-style-type: none"> <li>• Reassurance and/or supportive counseling</li> <li>• Educate to call if deteriorates</li> </ul>
<b>Category 2</b> 2 to 4 symptoms, question 1 or 2, and functional impairment	10 – 14	<b>Moderate Depressive Symptoms (Minor Depression)*</b>  <i>See Alternate Codes</i>	<i>Visit or phone contact every month</i> <ul style="list-style-type: none"> <li>• Watchful waiting</li> <li>• Supportive counseling</li> <li>• If no improvement after one or more months, consider use of antidepressant or brief psychological counseling</li> </ul>
<b><u>Non-HEDIS Alternate codes for consideration = Categories 1 and 2</u></b>			
<b>Depression - Alternative Diagnostic Codes</b>			
	309.00	Adjustment Disorder with Depressed Mood (situational depression)	
	309.28	Adjustment Disorder with Mixed Anxiety and Depressed Mood	
	309.24	Adjustment Disorder with Anxiety (situational anxiety disorder)	
	V62.82	Bereavement (grief reaction)	
	300.02	Generalized Anxiety Disorder	
*If symptoms present for > 2 years, Chronic Depression, or functional impairment is severe, remission with watchful waiting is unlikely, immediate active treatment indicated for moderate depressive symptoms (minor depression).			

<b>Diagnostic Scoring: Categories 3 &amp; 4</b>			
<b>PHQ-9 Symptoms &amp; Impairment</b>	<b>PHQ-9 Severity</b>	<b>Provisional Diagnosis</b>	<b>Suggested Treatment **</b>
<b>Category 3</b> >5 symptoms, question 1 or 2, and functional impairment	15-19	<b>Moderately Severe Major Depression</b>  <i>See HEDIS Diagnostic Codes</i>	<i>Visit or phone contact every 2 weeks</i> <ul style="list-style-type: none"> <li>• Patient preference for antidepressant and/or psychological counseling</li> </ul>
<b>Category 4</b> >5 symptoms, question 1 or 2, and functional impairment	>20	<b>Severe Major Depression</b>  <i>See HEDIS Diagnostic Codes</i>	<i>Visit or phone contact at least every week</i> <ul style="list-style-type: none"> <li>• Antidepressants alone or in combination with psychological counseling</li> </ul>
<b><u>HEDIS Diagnostic Codes = Categories 3 and 4</u></b>			
<b>Major Depression – Diagnostic Codes</b>			
	296.2	Major Depression, Single Episode	
	296.3	Major Depression - Recurrent	
	298.0	Depressive Psychosis (non DSM)	
	300.4	Neurotic Depression (Dysthymia)	
	309.1	Prolonged Depressive Reactive (non DSM)	
	311	Depressive Disorder (Not otherwise specified)	
**Referral or co-management with mental health specialty clinician if patient is a high suicide risk or has bipolar disorder, an inadequate treatment response, or complex psychosocial needs and/or other active mental disorders.			

**(See other side for sample diagnostic checklist)**