

PHQ-9 DEPRESSION SCREENING GUIDELINES

(for healthcare professional use only)

Patients may complete the PHQ-9 at baseline and at regular intervals (e.g., every 2 weeks) or they may complete the questionnaire during each scheduled appointment.

PHQ-9 Total Score	Recommendations
0-4	<ul style="list-style-type: none"> ▪ Provide education ▪ Recommend to call if symptoms get worse
5-9	<ul style="list-style-type: none"> ▪ Provide support and education ▪ Recommend to call if symptoms get worse ▪ Return in one month to screen again
10+	<ul style="list-style-type: none"> ▪ Provide support and education ▪ Offer treatment and/or referral to Women’s Wellness* – please indicate the woman’s preference for evaluation for counseling, medication, or both ▪ If decline treatment and/or referral, recommend to call if symptoms get worse <u>and</u> return in one month to screen again ▪ Presenting Feedback to Patients <p><i>“You might be having some symptoms of depression. These symptoms are common (in pregnant/postpartum women) and we have treatments available, like medication or counseling, which can be very helpful. Are you interested in further evaluation or treatment at this time?”</i></p>
If item #9 is present at all	<ul style="list-style-type: none"> ▪ This item should be discussed further using the following questions**: <li style="padding-left: 20px;">▪ <i>“Have you done anything to hurt yourself, or to try to kill yourself?”</i> <li style="padding-left: 20px;">▪ <i>“Do you feel like killing yourself now?”</i> <li style="padding-left: 20px;">▪ <i>“Have you thought about how you might try to hurt yourself?”</i> ▪ Key elements to assess include: <ul style="list-style-type: none"> ▪ The patient’s intent (i.e. patient not only has the thought, but wants to carry it out) ▪ Her plan to attempt suicide (i.e. patient has a specific method in mind) ▪ Her access to means (e.g. patient has a gun in her home, etc.) ▪ Her safety measures (e.g. when she has suicidal thoughts, does she tell someone?) ▪ Offer treatment and/or referral to Women’s Wellness ▪ If there are imminent safety concerns contact the Psychiatry Consult Service at pager 3080