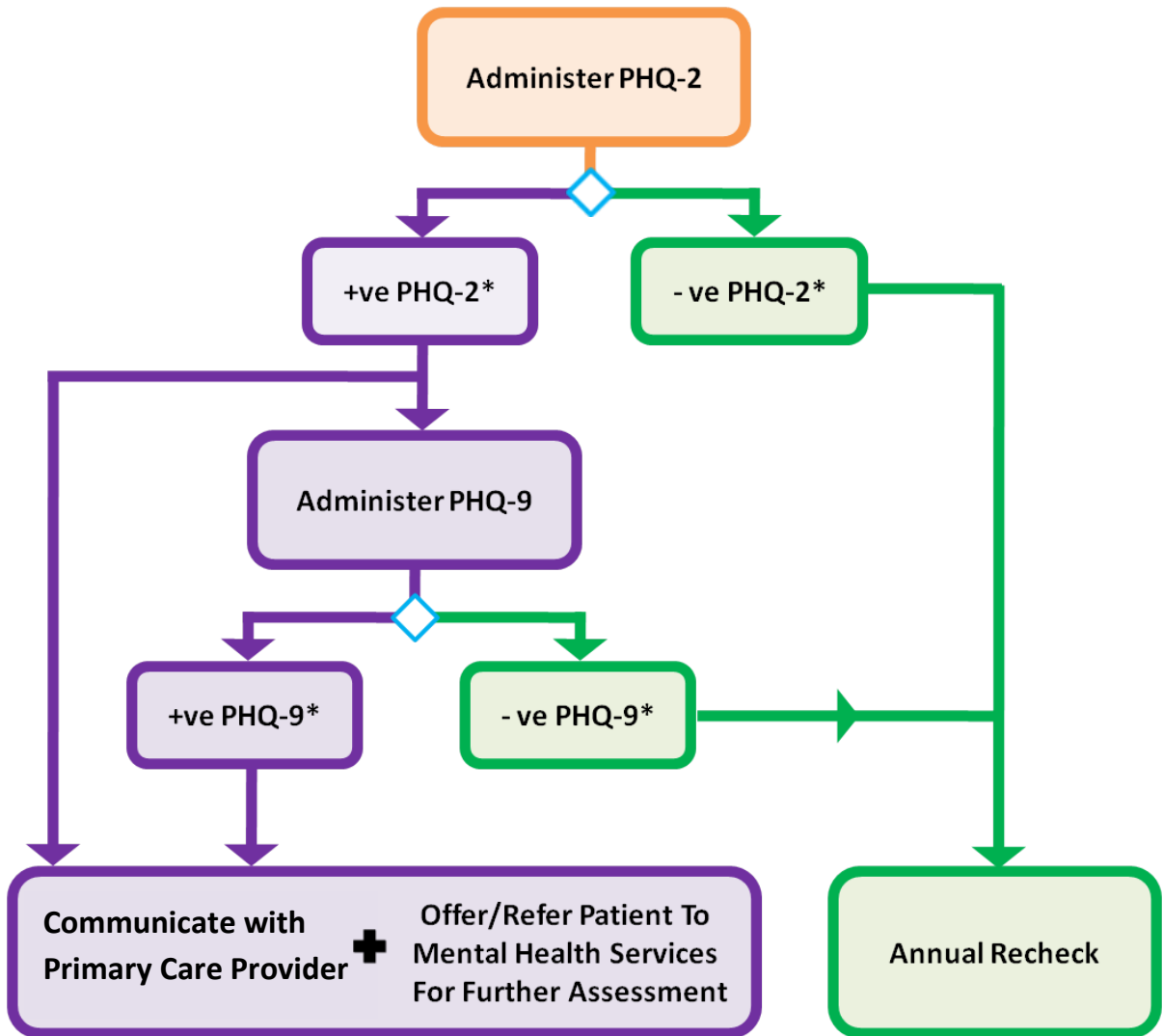


Depression Screening Toolkit



Stand **UP** to Diabetes
Faisons **face** au diabète

Depression Screening Flow Map



PHQ 2

+ve = A score of 3 or greater

-ve = A score under 3

PHQ 9

+ve = A score of 5 or greater

-ve = A score under 5

Depression Screening

1. Complete PHQ2 with client at initial or follow up visit as a baseline depression risk screen (a score of 3 or more is positive for depression risk)
2. If PHQ 2 is negative, repeat annually.

If PHQ 2 is positive, ensure a PHQ 9 is administered by the Diabetes Care Team or offer/refer to internal Mental Health Services for further assessment.
3. If PHQ 9 is administered by the Diabetes Care Team and positive, refer to the PHQ2/9 Intervention Protocol scoring for next steps in intervention.
4. Communicate and offer resources.

To be used only with clients not already identified with mental health issues or receiving treatment.

Responses and actions are to be based on the client's *total score*.

Internal Mental Health Services to be utilized if applicable within your organization.

PHQ 2 Scoring	Action
0-2	No action required. Repeat annually
>3	Administer PHQ 9 questionnaire

PHQ 9 Scoring	Action
0-4	No action required. Repeat annually
5-9	Message physician with score Provide patient with Mental Health Resources
10-14	Message physician recommending need for assessment and suggest referral to Mental Health Services
>15	Message physician recommending need for urgent assessment Refer to urgent Mental Health Services and/or hospital ER Physician and Mental Health Services to follow up with patient until symptoms have resolved

Urgent Mental Health Services contact: _____

Location of nearest hospital Emergency Department: _____

If at any point you feel uncomfortable or feel the client would benefit from a mental health referral, please seek appropriate action.

PATIENT HEALTH QUESTIONNAIRE-2 (PHQ-2)

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

	Not at all	Several days	More than half the days	Nearly every day
Little interest or pleasure in doing things	0	1	2	3
Feeling down, depressed or hopeless	0	1	2	3
FOR OFFICE CODING:	0+	___+	___+	___
			<i>Total Score:</i>	___

Scoring Instructions:

If the response is 3 or greater, consider administering the PHQ-9 questionnaire or asking the person more questions about possible depression.

If the response to questions is less than 3, the screen is negative and can be reviewed again annually.

PATIENT HEALTH QUESTIONNAIRE-9 (PHQ-9)

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

	Not at all	Several days	More than half the days	Nearly every day
Little interest or pleasure in doing things	0	1	2	3
Feeling down, depressed or hopeless	0	1	2	3
Trouble falling or staying asleep, or sleeping too much	0	1	2	3
Feeling tired or having little energy	0	1	2	3
Poor appetite or overeating	0	1	2	3
Feeling bad about yourself-or that you are a failure or have let yourself or your family down	0	1	2	3
Trouble concentrating on things, such as reading the newspaper or watching TV	0	1	2	3
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	0	1	2	3
Thoughts that you would be better off dead or of hurting yourself in some way	0	1	2	3

FOR OFFICE CODING: 0+ ____+ ____+ ____

Total Score: ____

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

Developed by Drs. Robert L. Spitzer, Janet B.W. Williams, Kurt Kroenke and colleagues, with an education grant from Pfizer Inc. No permission required to reproduce, translate, display or distribute.

Resources

Regional Resources:

Professional Resources:

PHQ-9 In Multiple Languages - Multicultural Mental Health Resource Centre – Mental Health Commission of Canada:

<http://www.mmhrc.ca/?q=en/node/100000469>

2008 CPG's Psychological Aspects of Diabetes S82-S85

<http://www.diabetes.ca/documents/2008CPG/18%20PSYCHOLOGICAL%20ASPECTS%20OF%20DIABETES-S82-S85.pdf>

Client Resources:

Mood Disorders Association of Ontario Check Up From The Neck Up:

<http://www.mooodisorders.ca/program/check-up-from-the-neck-up>

ConnexOntario:

<http://www.connexontario.ca/>

Mind Over Mood by Dennis Greenberger and Christine A. Padesky

Feeling Good: The New Mood Therapy by David D. Burns

The Anxiety and Phobia Workbook by Edmund J. Bourne

Life After Trauma by Dena Rosenbloom, Mary Beth Williams and Barbara E. Watkins

Fibromyalgia and Chronic Myofascial Pain by Devin J. Starlanyl and Mary Ellen Copeland