



## Policy and Procedure

Policy Name:	Depression Screening (General Adult Population), including Pregnant and Postpartum Women		
Effective Date:		Revision Date:	
Department(s)/Site(s):			
Document Owners:			
Approved By:			
Relevant Law/Standard:	<p>California Department of Health Care Services under Title 22, California Code of Regulations, Section 53230. (Requires the review and certification of Primary Care Practitioner (PCP) sites.)</p> <p>Department of Health Care Services (DHCS) All Plan Letter 20-006, Site Reviews: Facility Site Review and Medical Record Review or superseding APL</p> <p>AB 2193 (Chapter 755, Statutes of 2018)</p> <p>Health and Safety Code, section 123640</p>		

**Purpose:**

Per USPSTF, screen for depression in the general adult population, including pregnant and postpartum women. Screening should be implemented with adequate systems in place to ensure accurate diagnosis, effective treatment, and appropriate follow-up.

**Definition:**

**Policy:**

1. Screening should be implemented at each well visit with adequate systems in place to ensure accurate diagnosis, effective treatment, and appropriate follow-up.
2. Providers should screen all adults who have not been previously screened using a validated screening tool. If the depression screening is positive, a follow up plan must be documented.
3. Providers should use clinical judgment in consideration of risk factors, comorbid conditions, and life events to determine if additional screening of high-risk patients is warranted

**Procedure:**

1. Screen adults for depression at each well visit using a validated screening tool

1. The IHEBA forms when used solely for depression screening do not have psychometric properties and may not be reliable screening tools for depression.
2. *Recommended screening tools:*
  1. Patient Health Questionnaire (PHQ) in various forms
  2. Hospital Anxiety and Depression Scales in adults
  3. Geriatric Depression Scale in older adults
  4. The Edinburgh Postnatal Depression Scale (EPDS) pregnant and postpartum
2. If screening is positive
  1. All positive screening results should lead to additional assessment that considers severity of depression and comorbid psychological problems (eg, anxiety, panic attacks, or substance abuse), alternate diagnoses, and medical conditions.
  2. Provider must document a follow up plan

**Resources:**

USPSTF recommendation on Screening for Depression in Adults

<https://www.uspreventiveservicestaskforce.org/uspstf/recommendation/depression-inadults-screening>

American College of Obstetricians and Gynecologists (ACOG) guidance on Screening for Perinatal Depression,

<https://www.acog.org/clinical/clinical-guidance/committee-opinion/articles/2018/11/screening-for-perinatal-depression>

Incorporating Recognition and Management of Perinatal and Postpartum Depression into Pediatric Practice

<https://pediatrics.aappublications.org/content/143/1/e20183259>

ACOG Frequently Asked Questions on Postpartum Depression

<https://www.acog.org/Patients/FAQs/Postpartum-Depression>

USPSTF recommendation on Screening Depression in Adults

<https://www.uspreventiveservicestaskforce.org/uspstf/document/RecommendationStatementFinal/depression-in-adults-screening>

U.S. Department of Health and Human Services guidance on Postpartum Depression

<https://www.womenshealth.gov/mental-health/mental-healthconditions/postpartum-depression>

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