



Resource Guide

Subject:	Depression Screening
Facility Site Review Source:	Department of Health Care Services (DHCS) All Plan Letter 20-006, Site Reviews: Facility Site Review and Medical Record Review
Relevant Law/Standard:	Primary Care Pediatric Preventive Screenings
Agency/Organization Source:	US Preventive Service Task Force (USPSTF)/American Academy of Family Physician AAFP
Agency/Organization URL	https://www.uspreventiveservicestaskforce.org/ https://www.aafp.org/home.html

Background:

Primary care physicians are well situated to discuss risks and offer interventions. Evidence supports routinely screening for obesity and depression, offering testing for human immunodeficiency virus infection, and screening for other sexually transmitted infections in some adolescents.

It is estimated that postpartum depression (PPD) affects approximately 1 in 9 new mothers in the US annually. Unaddressed PPD can have harmful, long-term effects on mothers, their babies, and their family members.

DHCS Guideline:

- Depression Screenings for Maternal Depression at one (1) month to six (6) months of the infant’s age.
- Depression screening for adolescents starting at 12 years old must be performed if risk is identified by the PCP or on the IHEBA form. Recommended screening using the Patient Health Questionnaire (PHQ)-2 or other tools available. (see Links below)

Purpose:

The PHQ-2, comprising the first 2 items of the PHQ-9, inquires about the degree to which an individual has experienced depressed mood and anhedonia over the past two weeks. Its purpose is not to establish final diagnosis or to monitor depression severity, but rather to screen for depression. Patients who screen positive should be further evaluated with the PHQ-9 to determine whether they meet criteria for a depressive disorder. The PHQ-2 has been validated in 3 studies in which it showed wide variability in sensitivity (Gilbody, Richards, Brealey, and Hweitt, 2007).

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Links:

- USPSTF <https://www.uspreventiveservicestaskforce.org/Page/Document/RecommendationStatementFinal/depression-in-adults-screening1>)
- AAP <https://www.aap.org/en-us/advocacy-and-policy/state-advocacy/Documents/MaternalDepressionScreeningGuidance.pdf>
- AAFP <https://www.aafp.org/afp/2012/1215/p1109.html>
- Edinburgh Postnatal Depression <https://www.knowppd.com/wp-content/uploads/2019/01/edinburgh-postnatal-epression-scale-en.pdf>
- PHQ2 PHQ9 <https://www.apa.org/pi/about/publications/caregivers/practice-settings/assessment/tools>

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