

KSKidsMAP

*Kansas Together for Pediatric Mental Health Care
Access*

**Pediatric Mental Health Toolkit
Topic: Depression**

Part 1: How to use screening tools and make a diagnosis



This project is supported by the Health Resources and Services Administration (HRSA) of the U.S. Department of Health and Human Services (HHS) as a part of an award totaling \$2,134,666 with 20% financed with nongovernmental sources. The contents are those of the authors and do not necessarily represent the official views of, nor an endorsement, by HRSA, HHS, or the U.S. Government.



Screening Tools

Remember: Screening tools identify need for follow up; a diagnosis and treatment plan requires further assessment

Annual depression screening in primary care is recommended for patients age 12 and up



PHQ-9

- 9 items rated on 0-4 scale reflecting symptoms frequency
- Can be used to track symptom change over time
- Modified for teens
 - Adds irritability
 - Changes work to schoolwork
 - Adds suicidal ideation items
- Multiple languages available

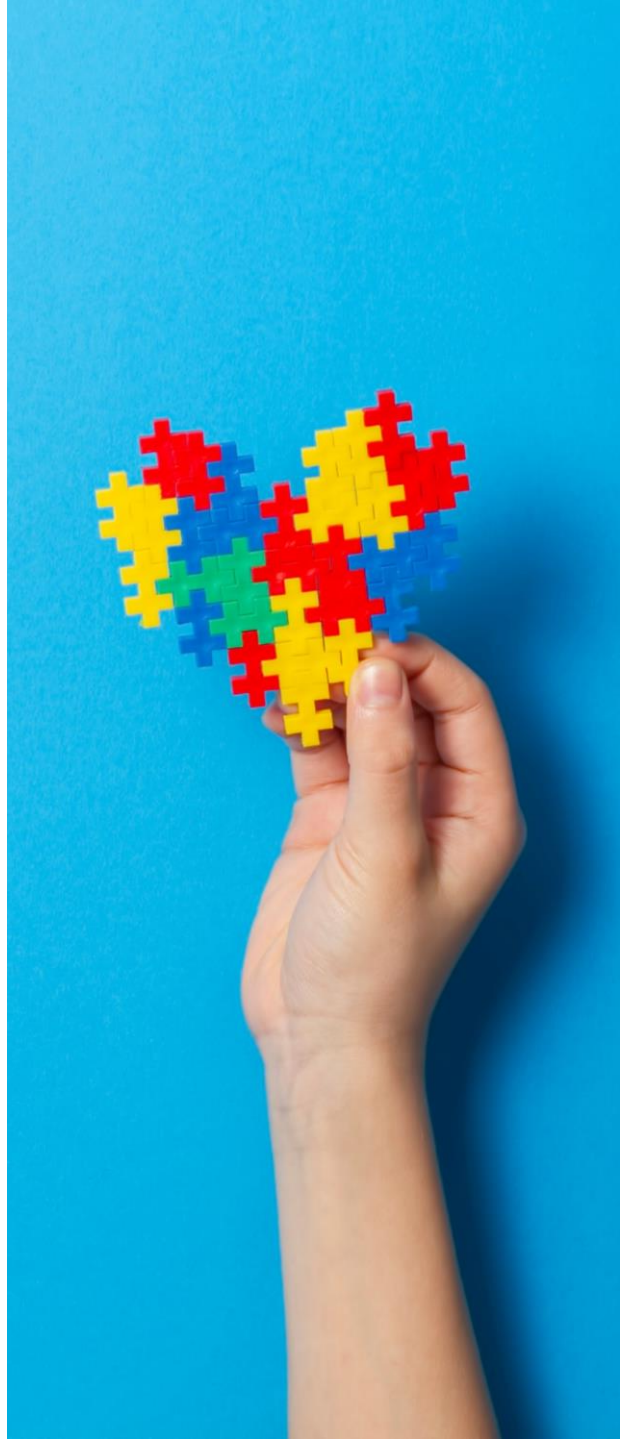


Columbia Depression Scale

- 22 yes/no questions
 - Item 22 not scored
- Includes suicidal ideation & attempts
- Parent and Teen versions available



This project is supported by the Health Resources and Services Administration (HRSA) of the U.S. Department of Health and Human Services (HHS) as a part of an award totaling \$2,134,666 with 20% financed with nongovernmental sources. The contents are those of the authors and do not necessarily represent the official views of, nor an endorsement, by HRSA, HHS, or the U.S. Government.



Assessment

- Symptom severity and duration
- Safety
 - Asking about suicide does not increase suicide risk
 - Ask Suicide-Screening Questions (ASQ) toolkit
- Comorbid conditions
- Past episodes
- Interview adolescents alone



DSM-5

- Depressed/irritable mood
- Loss of interest or pleasure in activities
- Appetite/weight increase or decrease
- Sleep increase or decrease
- Psychomotor activity increase or decrease
- Fatigue
- Worthlessness/guilt
- Decreased concentration
- Morbid or suicidal ideation



Prevalence, prognosis

- 1-2% of preadolescents, 3-8% of adolescents
- Increased risk for depression in adulthood



This project is supported by the Health Resources and Services Administration (HRSA) of the U.S. Department of Health and Human Services (HHS) as a part of an award totaling \$2,134,666 with 20% financed with nongovernmental sources. The contents are those of the authors and do not necessarily represent the official views of, nor an endorsement, by HRSA, HHS, or the U.S. Government.



Differential Diagnosis

- Grief- consider culture and impairment
- Normal moodiness
- Premenstrual dysphoric disorder
- Adjustment Disorder
- Substance Use
- ADHD
- Learning Disabilities
- Anxiety
- Bipolar
- Trauma
- Eating Disorders
- Chronic medical conditions, end of life
- Depression due to another medical condition (e.g., anemia, mononucleosis, thyroid disorders, etc.)



This project is supported by the Health Resources and Services Administration (HRSA) of the U.S. Department of Health and Human Services (HHS) as a part of an award totaling \$2,134,666 with 20% financed with nongovernmental sources. The contents are those of the authors and do not necessarily represent the official views of, nor an endorsement, by HRSA, HHS, or the U.S. Government.



Disclosure

Thank you for viewing the Pediatric Mental Health Toolkit. KSKidsMAP intends for this Toolkit to be used in conjunction with the KSKidsMAP program and not as a stand-alone resource. KSKidsMAP provides case-based consultation with experts in pediatric mental health, ongoing education and mentorship through the Virtual TeleECHO clinic, and physician and clinician wellness resources to those providing medical care to youth and adolescents with mental illness. Please connect with KSKidsMAP by emailing KSKidsMAP@kumc.edu or calling 1-800-332-6262.



This project is supported by the Health Resources and Services Administration (HRSA) of the U.S. Department of Health and Human Services (HHS) as a part of an award totaling \$2,134,666 with 20% financed with nongovernmental sources. The contents are those of the authors and do not necessarily represent the official views of, nor an endorsement, by HRSA, HHS, or the U.S. Government.

