

### Types of depressive disorders

Diagnosis	ICD-10 Code
Depression, Unspecified	<b>F32.A</b>
Postpartum Depression	<b>F53.0</b>
Major Depression, Single	<b>F32.x</b>
Major Depression, Recurrent	<b>F33.x</b>
Dysthymia	<b>F34.1</b>

### Parameters

DSM 5 Criteria<sup>1</sup>:

- The patient must be experiencing five of more symptoms during the same two-week period. At least one of the symptoms should be either a depressed mood or a loss of interest or pleasure.
  - Depressed mood most of the day, nearly every day (in children and adolescence, can be irritable mood.)
  - Markedly diminished interest or pleasure in all, or almost all, activities most of the day, nearly every day
  - Significant unintentional weight loss or gain, or a decrease or increase in appetite nearly every day (in children, consider failure to make expected weight gain.)
  - Insomnia or hypersomnia nearly every day
  - Psychomotor agitation or retardation nearly every day
  - Fatigue or loss of energy nearly every day
  - Feelings of worthlessness or excessive or inappropriate guilt nearly every day
  - Diminished ability to think or concentrate, or indecisiveness, nearly every day
  - Recurrent thoughts of death, recurrent suicidal ideation without a specific plan, or a suicide attempt or a specific plan for committing suicide
- The symptoms cause clinically significant distress or impairment in social, occupational, or other important areas of functioning.
- The episode is not attributable to the physiological effects of a substance or another medical condition

### Parameters by diagnosis<sup>1</sup>

#### Depression, Unspecified

A PHQ-9 score of 9 or less, meeting the above criteria

#### Postpartum depression

Depression occurring during pregnancy or after childbirth, experiencing at least five of the above criteria

Documentation Best Practices handouts are designed to help WellSense providers improve and record the quality of care delivered to WellSense members across all patient populations.

## Major depressive disorder

Identify if the patient has a single or recurrent episode and the severity level:

- Mild: PHQ-9 score of 10-14
- Moderate: PHQ-9 score of 15-19
- Severe: PHQ-9 score of 20 or above
  - With or without psychotic features
- In remission
  - Full remission: No significant symptoms are present for two months regardless of whether or not on medication
  - Partial remission: Less than 2 months without significant symptoms, following the end of an episode, regardless of whether or not on medication

## Dysthymia

A depressed mood that occurs for most of the day, for more days than not, for at least two years, or at least one year for children and adolescents. Individuals describe their mood as sad or “down in the dumps”. During periods of depressed mood, at least two of the above criteria are present.

## Documentation examples

### Major depression

**HPI:** Patient is here for an evaluation for Depression. The patient has been experiencing depressed mood, diminished interest in activities, insomnia, diminished ability to concentrate and fatigue.

**PE:** Vitals: 135/78, HR 86, RR 16, BMI 38.5; PE: WNL, obese; PHQ-9 result: 17

**A:** **F32.1 Major Depressive Disorder, single episode, moderate severity**  
**E66.01 Morbid Obesity; Z68.38 BMI 38.0 – 38.9, adult**

**P:** Patient started on Zoloft. Referred to counseling for supplemental treatment. Follow up in two months for evaluation and management of medication. Patient has BMI of 38.5 with co-morbid condition of Major Depression. Counseled on weight loss options, diet and exercise.

### Postpartum depression

**HPI:** Patient is here for an evaluation for Postpartum Depression. The patient has been experiencing depressed mood, diminished interest in activities, insomnia, diminished ability to concentrate and fatigue following the birth of her first child.

**PE:** Vitals: 135/78, HR 86, RR 16, BMI 30.1; PE: WNL, obese; PHQ-9 result: 14

**A:** **F53.0 Postpartum Depression**

**P:** Patient started on Zoloft. Referred to counseling for supplemental treatment. Follow up in two months for postpartum care, including evaluation and management of medication.

## Dysthymic disorder

**HPI:** Patient is here for an evaluation for Dysthymia. The patient has been experiencing a depressed mood for the last two years. During periods of depressed mood, the patient exhibits feelings of worthlessness and fatigue.

**PE:** Vitals: 135/78, HR 86, RR 16, BMI 32.2; PE: WNL, obese; PHQ-9 result: 7

**A:** **F34.1 Dysthymic Disorder**

**P:** Patient referred to counseling for treatment. Discussed what activities the patient finds joy in and recommended they continue to find such hobbies moving forward. Follow up in two months for evaluation.

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<sup>1</sup> *Diagnostic and Statistical Manual of Mental Disorders: DSM-5*. Fifth ed., American Psychiatric Publishing, 2013