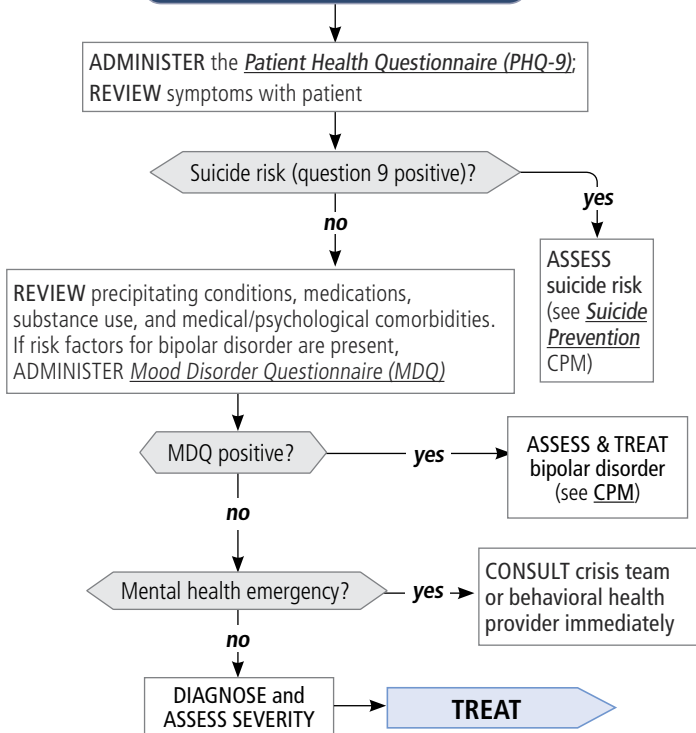


Depression

Reference
Link

SCREENING & DIAGNOSIS

New patient appointment



Depression

Reference
Link

TREATMENT

Diagnosis of major depressive disorder

STRATIFY treatment based on PHQ-9 severity score

Mild depression (10–14): Antidepressant **or** psychotherapy

Moderate depression (15–19): Antidepressant **and/or** psychotherapy, consider Mental Health Integration (MHI) resources

Severe depression (≥20): Antidepressant alone **or** antidepressant **plus** psychotherapy, consider MHI resources

Psychotherapy alone?

no

START ANTIDEPRESSANT;
FOLLOW UP and ADJUST at
2, 4, 8, and 12 weeks. Initiate
psychotherapy if selected

yes

INITIATE psychotherapy; FOLLOW UP in 4–6 weeks; REPEAT PHQ-9

Good or partial response?

no

CONSIDER adding or changing
to antidepressant (see CPM)

yes

CONTINUE psychotherapy; follow up at 12 weeks and repeat PHQ-9.

Good response?

no

CONSIDER adding or changing
to antidepressant (see CPM)

yes

CONTINUE psychotherapy until remission is
achieved; follow up in 3 months