

Evaluation of Depression Screening in a Community Oriented Primary Care Office

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Introduction / Background

- Depression is a complex mood response to emotional and environmental stressors and is now recognized as one of the most common mental disorders in the U.S.
- It can occur at any age and symptoms may vary depending on the age that it manifests. It can co-occur with illnesses, as a side effect of medication, or be due to genetic, biological, psychological or environmental factors.
- An estimated 3.8% of the world population or 280 million individuals have depression
- The USPSTF current guidelines recommend screening all adolescents aged 12-18 annually as well the general adult population including pregnant and post-partum patients for MDD

Purpose

- To assess whether patients aged twelve and above are being screened for depression during annual wellness exams using the PHQ-9 questionnaire

Hypothesis

- Resident physicians in the Mountainside Family Practice office are successfully screening patients aged twelve and above for depression using the PHQ-9 during wellness exams

Methods

- Data was obtained from the Mountainside Family Practice electronic medical records
- A retrospective study design was used to analyze 150 patient annual wellness encounters from a total sample of 217 patients between April and June 2021
- Chi-square tests were used to test rates of PHQ-9 screening and correlations with demographics.

Results

PHQ-9 Analysis for Total Sample

PHQ-9 Administered	116	77%
PHQ-9 Not Administered	34	23%

$\chi^2 44.827$, p -value is $< .00001$. The result is significant at $p < .05$.

PHQ-9 Analysis for PGY year

	Results			
	PGY-1	PGY-2	PGY-3	Row Totals
PHQ-9 Administered	27 (26.29) [0.02]	23 (23.97) [0.04]	66 (65.73) [0.00]	116
PHQ-9 Not Administered	7 (7.71) [0.06]	8 (7.03) [0.13]	19 (19.27) [0.00]	34
Column Totals	34	31	85	150

The chi-square statistic is 0.2629. The p -value is .87682. The result is not significant at $p < .05$.

PHQ-9 Analysis for Men and Women

	Results		
	Male	Female	Row Totals
PHQ-9 Administered	50 (51.04) [0.02]	66 (64.96) [0.02]	116
PHQ-9 Not Administered	16 (14.96) [0.07]	18 (19.04) [0.06]	34
Column Totals	66	84	150 (Grand Total)

The chi-square statistic is 0.1669. The p -value is .682839. The result is not significant at $p < .05$.

PHQ-9 Analysis for Type of Insurance

	Results		
	Commercial Insurance	Medicare and Medicaid Coverage	Row Totals
PHQ-9 Administered	50 (52.59) [0.13]	66 (63.41) [0.11]	116
PHQ-9 Not Administered	18 (15.41) [0.43]	16 (18.59) [0.36]	34
Column Totals	68	82	150

The chi-square statistic is 1.0268. The p -value is .310906. The result is not significant at $p < .05$.

Discussion

- Results revealed that 77% of patients at Mountainside Family Practice were successfully screened for depression using the PHQ-9 during annual wellness exams.
- Patient data was also stratified based on PGY resident year, age, sex, and insurance of patient, which did not result in statistically significant differences.
- Some potential limitations include: a small sample size, limited 3-month time frame of patient sample selection, inadvertent omission of screening administration, and/or improper documentation
- In the future, a follow-up study can be performed with a larger sample size, comparison of results to national data, and EMR's can be further analyzed to assess for patient directed interventions.

Conclusion

- Resident Physicians at the Mountainside Family Practice office successfully screened 77% of patients for depression with the PHQ-9 during annual wellness exams. This data was statistically significant.

References

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*Please reference paper for additional sources used