



## Summary of Changes Report – May 2011

# Major Depression in Adults in Primary Care Guideline

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**Clinical Highlights** Added additional consideration for perinatal depression treatment.

**Introduction** Updated data on antidepressant prescribing in primary care and depression prevalence.

### Annotations

- 1) Added memory/other cognitive complaints to list of presentations of depression. Added sexual dysfunction as a non-mood presentation. Added risk factors: traumatic events, major life changes and domestic violence.

Tightened screening recommendation to be more clear about use of the PHQ-2 versus PHQ-9. Updated literature on PHQ-9 validity (Wittkamp, 2007; Kroenke, 2010; Han, 2008; Donnelly, 2007) and included information about M-3 Checklist (Gaynes, 2010).

- 2) Added DSM-IV TR criteria for dysthymic disorder. Moved up the screening for bipolar disorder and other mood disorders and added clarity on anxiety, adjustment and somatoform disorders.
- 3) Added information on suicide risk.
- 5) Updated statement on AUDIT tool for alcohol screening.
- 7) Added information on medical comorbidities. Organized geriatric content for better flow and clarified screening if cognitive impairment is present. Moved perinatal content to special populations section. Added information on perinatal depression severity, congenital malformations, neonatal toxicity and antidepressant use while nursing. Removed extraneous information on FDA Pregnancy Risk Categories.
- 9) Added additional evidence for collaborative care (Katon, 2008; Bruce, 2004). Updated patient education, adherence and shared decision making content with review by ICSI's Patient Advisory Council.

Clarified treatment options based on depression severity and that the goal of all treatment is remission. Provided definition for acute treatment.

Omitted extraneous content on pharmaceutical and therapeutic equivalents. Added information on anticholinergic side effects. Added content on Serotonin Syndrome.

Added clarity to follow-up planning using a measurement-based approach and how to translate PHQ-9 scores into practice.

- 12) Revised augmentation methods for bupropion or buspirone-SSRI combination, T<sub>3</sub> augmentation of antidepressants and quetiapine and olanzapine-fluoxetine combination. Added side effect information for Electroconvulsive therapy. Updated light therapy content. Added information about herbals and dietary supplements needing further study. Moved all other specialized therapies to an appendix.
- 13) Moved content on continued benefits of cognitive therapy and behavioral activation to this annotation. Clarified definitions of acute, continuation and maintenance therapies. Revised treatment duration based on episode table.

### **Aims & Measures**

No changes

### **Appendices**

Appendix A Added adjustment disorder with depressed mood

Appendix B Omitted Spanish language version since several others are also validated and many other language versions are available online at PHQ website.

Appendix G Added Edinburgh Postnatal Depression Scale (EPDS)

Appendix I Added Specialized Therapies

### **Resources**

Categorized resources for easier searching. Added resources on drug interactions and on perinatal support services.