



DEPRESSION SCREENING GUIDANCE

Carelon Behavioral Health (Carelon) is partnering with Parkland Community Health Plan to ensure members are screened regularly for depression and have the tools they need to manage a positive screening. Carelon utilizes clinically validated screening tools within its network for children, adolescents, and adults. Carelon recommends using the Patient Health Questionnaires (PHQ-2, PHQ-9, and PHQ-A) when screening for depression.

The Patient Health Questionnaires (PHQ-2, PHQ-9, and PHQ-A) are brief, multipurpose, self-administered tools for assessing depression (American Psychological Association, 2011).

Patient Health Questionnaires

- **PHQ-2:** The sole purpose of PHQ-2 is to screen for depression, encompassing only the first two questions of the PHQ-9, identifying the degree to which an individual experienced depressed mood and anhedonia over the past two weeks. To access the PHQ-2 screening tool, [click here](#).
- **PHQ-9:** The PHQ-9 is used to screen for depression, but is also valid for the assessment of depression severity. Thus, when used successively during a treatment episode, the PHQ-9 is a practical means to quantitatively monitor the patient's response to depression treatment (NCQA, n.d.). To access the PHQ-9 screening tool, available in over 30 languages, [click here](#).
- **PHQ-A:** The PHQ-A is a modified version of the PHQ-9 sensitive to the adolescent experience of depression that is an acceptable and efficient tool for early detection and recognition of mental disorders in this high-risk group. To access the PHQ-A screening tool, [click here](#).

For additional information on our screening program, including links to screening tools, visit www.carelonbehavioralhealth.com/providers/resources/provider-toolkit/mood-disorders

Need Additional Assistance from Carelon?

Please feel free to contact Carelon's Member Service Department at **1-800-945-4644** to obtain names of additional in-network providers. If a patient is experiencing an urgent, non-life threatening need for services, ask to speak to one of our Clinical Care Managers for assistance.

