

## Scoring the PIC Screener for Depression

### *Instructions for scoring*

The patient should be evaluated for dysthymia or current major depression if

- The answer to question 1 AND 1a and 1b is yes (dysthymia)  
OR
- The answer to question 2a OR 2b is yes (major depression)

AND

- The answer to question 3a or 3b is yes (symptoms are currently present)

A quick way to implement these instructions is to use the box at the bottom of the questionnaires on page 23 or 24.

About 50% of people meeting these criteria have dysthymia or major depression, requiring medication or psychotherapy. The remaining individuals who meet these criteria have sub-threshold depression, and about half of this group is at particularly high risk of major depression because of a past history of this illness.

### *Background*

Patients have a high probability of having current dysthymia or current major depression if

- they had 2 weeks or more of depressed mood or loss of interest in pleasurable activities during the last year or persistent depression over the last year

AND

- they had at least 1 week of depression in the last 30 days.

Dysthymia is a chronically depressed mood that occurs for most of the day more days than not for at least 2 years. The screener requires that a person suffering from dysthymia would not have been without symptoms for more than 2 months at a time during the 2-year period of the disturbance.

Major depression is characterized by one or more major depressive episodes without a history of mania. The screener requires that one of these major episodes occur during the past 12 months and that in the past month the patient felt sad, empty, or depressed for most of the day and/or has lost interest in most things.