

MAPLE CITY PHYSICAL THERAPY

Depression

Summary

1. Facts
2. Definition
3. Signs of Depression
4. Objective Measurement Tools

Facts

- Depression is the leading cause of disability in the United States among individuals ages 15-44
- $\frac{2}{3}$ of people with depression do not actively seek nor receive proper treatment
- 80% of those treated for depression show an improvement in symptoms within 4-6 weeks of starting treatment

Definition

What is the Definition of Depression

- A group of conditions associated with the elevation or lowering of a person's mood, such as depression or bipolar disorder
 - Clinical Depression: A mental health disorder characterized by persistently depressed mood or loss of interest in activities, causing significant impact on daily life
 - Bipolar Disorder: a mental health disorder characterized by extreme changes in mood from high to low, and from low to high

Signs of Depression

- **Mood:** anxiety, apathy, general discontent, guilt, hopelessness, loss of interest or pleasure in activities, mood swings, or sadness
- **Behavioral:** agitation, excessive crying, irritability, restlessness, or social isolation
- **Sleep:** early awakening, excess sleepiness, insomnia, or restless sleep
- **Whole body:** excessive hunger, fatigue, or loss of appetite
- **Cognitive:** lack of concentration, slowness in activity, or thoughts of suicide
- **Weight:** weight gain or weight loss
- **Also common:** poor appetite or repeatedly going over thoughts



If you are experiencing any of these symptoms please contact and discuss them with your physician!

Objective Measurement Tools

Due to the increased prevalence of depression it is now required that a depression screen be completed at your Physical Therapy Evaluation. These tests will be completed between you and your physical therapist. If a positive result is discovered we will notify your physician so that you can receive the care you need! These tests include:

- PHQ-2: this is a 2 question outcome tool that will be completed verbally between you and your physical therapist. This test inquires about the frequency of having a depressed mood over the past 2 weeks. If the PHQ-2 score is greater than or equal to 2 further testing will be completed
- PHQ-9: is a 9 question outcome tool which helps to objectify the degree of depression severity. If the score on the PHQ-2 is positive the PHQ-9 will be administered by your physical therapist. A score of greater than or equal to 7 on this test will prompt the physical therapist to contact your physician

The goal of this screen is to help assess your overall well being and get you the help that you need both physically and mentally!