

SCREENING FOR DEPRESSION

This is a modification of the 2 questions screening and is supported by several articles in the BMJ, including:

The paper published in the British Medical Journal on 15 September 2005, by B Arroll , F Goodyear-Smith, N Kerse, T Fishman, J Gunn, of the Department of General Practice and Primary Health Care, School of Population Health, University of Auckland

The three questions (two question screening with additional 'help' question)

- During the past month have you often been bothered by feeling down, depressed or hopeless?
- During the last month have you often been bothered by little interest or pleasure in doing things?
- Is this something you would like help with?

Sensitivity and specificity of screening questions for depression

	Sensitivity (detecting major depression)	Specificity (identifying non-depressed people)
Two question screening	96%	78%
Three question screening	96%	89%

Predictive values (What is the chance of this patient having major depression?)

Yes with two question screening	19% Or 1 in 5
Yes with three question screening	32% Or 1 in 3

If the patient answers yes to these questions further assessment for depression is indicated.