

# Major depressive disorder algorithm<sup>1</sup>

**First determine if all of the following apply:**

- Symptoms do not meet criteria for a mixed episode (for example, bipolar disorder)
- Symptoms cause clinically significant distress or impairment in social, occupational or other important areas of concern
- Symptoms are not due to direct effect of a substance or another medical condition
- Symptoms are no better explained by schizophrenia, delusional disorder, or other specified schizophrenia and psychotic disorders
- Symptoms are not more appropriately classified as a response to a significant loss (that is, bereavement, financial ruin, losses from a natural disaster, a serious medical illness or disability)
- Symptoms have been present during the same two-week period and represent a change from previous functioning
- There has never been a manic episode or hypomanic episode

**➔ If all the above are true, move to the next section.**

**Must have one or both of these symptoms:**

- Depressed mood most of the day and nearly every day, self-reported or observed by others **or**
- Markedly diminished interest or pleasure in all, or almost all, activities on most days, nearly every day, self-reported or reported by others

**➔ If either of the above is true, move to the next section.**

**Must have either one or both of the above symptoms plus three or four of these to make a total of five or more symptoms:**

- Significant weight loss (not due to dieting) or gain (for example, 5% change in one month); or decrease or increase in appetite nearly every day
- Insomnia or hypersomnia nearly every day
- Psychomotor agitation or retardation nearly every day, observable by others
- Fatigue or loss of energy nearly every day
- Feelings of worthlessness or excessive or inappropriate guilt nearly every day:
  - May be delusional
  - Not merely self-reproach or guilt about being sick
- Diminished ability to think or concentrate, or indecisiveness, nearly every day (self-reported or observed by others)
- Recurrent thoughts of death (not just fear of dying), recurrent suicidal ideation without a specific plan, or a suicide attempt or a specific plan for committing suicide

**➔ If you have a minimum of five total symptoms, your patient meets the requirement for the diagnosis of major depressive disorder per DSM-5.<sup>1</sup>**

<b>F32.0</b> Major depressive disorder, single episode, mild	<b>F33.0</b> Major depressive disorder, recurrent, mild
<b>F32.1</b> Major depressive disorder, single episode, moderate	<b>F33.1</b> Major depressive disorder, recurrent, moderate
<b>F32.2</b> Major depressive disorder, single episode, severe without psychotic features	<b>F33.2</b> Major depressive disorder, recurrent, severe without psychotic features
<b>F32.3</b> Major depressive disorder, single episode, severe with psychotic features	<b>F33.3</b> Major depressive disorder, recurrent, severe, with psychotic symptoms
<b>F32.4</b> Major depressive disorder, single episode, in partial remission	<b>F33.40</b> Major depressive disorder, recurrent, in remission, unspecified
<b>F32.5</b> Major depressive disorder, single episode, in full remission	<b>F33.41</b> Major depressive disorder, recurrent, in partial remission
F32.81 Premenstrual dysphoric disorder	<b>F33.42</b> Major depressive disorder, recurrent, in full remission
F32.89 Other specified depressive episodes	<b>F33.8</b> Other recurrent depressive disorders
F32.9 Major depressive disorder, single episode, unspecified	<b>F33.9</b> Major depressive disorder, recurrent, unspecified

### Additional resources

The Patient Health Questionnaire 9 (PHQ-9) is a self-administered screening and diagnostic tool for mental health disorders used by health care professionals to improve the recognition rate of depression and anxiety and facilitating diagnosis and treatment.<sup>2</sup> Please contact your local Optum Healthcare Advocate to order this useful patient assessment tool.

Per the ICD-10-CM Official Guidelines for Coding and Reporting FY 2018: "A dash (-) at the end of an Alphabetic Index entry indicates that additional characters are required. Even if a dash is not included at the Alphabetic Index entry, it is necessary to refer to the Tabular List to verify that no 7th character is required." The bolding of ICD-10-CM codes represents categories, subcategories or codes that map to the 2017 CMS-HCC risk adjustment model for Payment Year 2018.

Codes marked with a + directly after them represent new additions to the FY 2018 ICD-10-CM code classification.

*Optum360 ICD-10-CM: Professional for Physicians 2018*. Salt Lake City, UT: 2017.

1. American Psychiatric Association: Diagnostic and Statistical Manual of Mental Disorders, Fifth Edition, Arlington, VA, American Psychiatric Association, 2013.

2. "Patient Health Questionnaire (PHQ) Screeners." Patient Health Questionnaire (PHQ) Screeners from Pfizer. Pfizer. Web. 21 Sept 2016. <[http://www.phqscreener.com/sites/g/files/g10016261/f/201412/PHQ-9\\_English.pdf](http://www.phqscreener.com/sites/g/files/g10016261/f/201412/PHQ-9_English.pdf)>.



This guidance is to be used for easy reference; however, the ICD-10-CM code book and the Official Guidelines for Coding and Reporting are the authoritative references for accurate and complete coding. The information presented herein is for general informational purposes only. Neither Optum nor its affiliates warrant or represent that the information contained herein is complete, accurate or free from defects. Specific documentation is reflective of the "thought process" of the provider when treating patients. All conditions affecting the care, treatment or management of the patient should be documented with their status and treatment, and coded to the highest level of specificity. Enhanced precision and accuracy in the codes selected is the ultimate goal. Lastly, on April 3, 2017, the Centers for Medicare & Medicaid Services (CMS) announced that 2017 dates of service for the 2018 payment year model is based on 100% of the 2017 CMS-HCC model mappings released April 4, 2016, which include additional code updates in the 2018 Midyear Final ICD-10 Mappings released November 28, 2017. See: <https://www.cms.gov/Medicare/Health-Plans/MedicareAdvtgSpecRateStats/Downloads/Announcement2018.pdf>, <https://www.cms.gov/Medicare/Health-Plans/MedicareAdvtgSpecRateStats/Risk-Adjustors.html> and <https://www.cms.gov/Medicare/Health-Plans/MedicareAdvtgSpecRateStats/Risk-Adjustors-Items/Risk2018.html?DLPage=1&DLEntries=10&DLSort=0&DLSortDir=descending>

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