



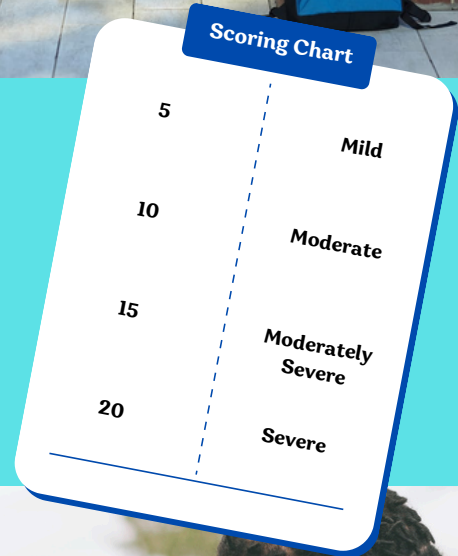
## Depression in Youth

It is normal for young people to experience ups and downs in life. For some, they may experience these feelings of anxiety and depression for more than a few weeks. Depression is a mood disorder that can cause feelings of sadness, irritability, and hopelessness that can last for more than two weeks. About 1 out of 5 teens have been diagnosed with major depressive disorder.



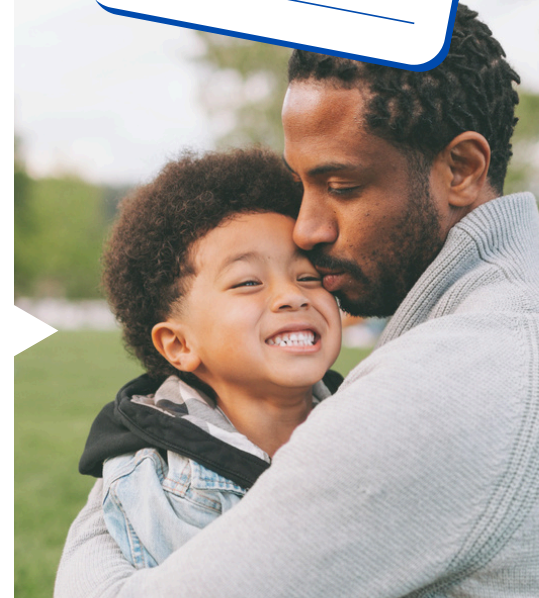
## PHQ-A

The Patient Health Questionnaire for depression modified for Adolescents (PHQ-A) is a self-report questionnaire that is designed to assess anxiety, mood, eating, and substance use disorders among adolescents. The use of PHQ-A scores along with assessment findings are used to identify and target symptoms for treatment and monitoring.



## Best Practices

- Educate the youth and family about treatment options; self-management and support; lifestyle changes including nutrition and exercise; coping skills and spiritual support.
- Treatment planning must be individualized and person-centered, keeping in mind culture and preferences of the youth and family.
- If a psychiatrist or prescriber is recommending antidepressants, ensure that informed consent has been documented.
  - Mental health professionals should make an effort to draw baseline laboratory studies as applicable and follow-up as clinically appropriate and document related activities.
  - It is also recommended to educate the youth and family about side effects, including those associated with the abrupt discontinuation of medication.
- Also, ensure the appropriate frequency of follow-up contacts, which should be more frequent during the initiation of treatment, or following increases, or tapering off medications.
- Documentation in the record: Create a clinical thread starting from what brought the youth and family in for services and symptoms observed/reported (intake assessment, crisis/safety planning, treatment plan, progress notes, and treatment plan reviews).



Follow the link below  
OR scan the QR Code to  
view the  
video:  
[DWIHN PHQ-A Video](#)

