



Physical Exam at age:	Screenings
12 Years	96127 Adolescent Depression Screening
13 Years	
14 Years	
15 Years	
16 Years	
17 Years	
18 Years	
19 Years	
20 Years	

Screening Tools for Adolescent Depression

Recommended Coding per the Pennsylvania EPSDT Program Periodicity Schedule: 96127

Based on the Bright Futures Periodicity Schedule depression screening is recommended for adolescents annually beginning at the 12 year visit. The adolescent depression screening requires the use of a validated screening tool to assess for clinical indication that the child may need further clinical evaluation.

Highmark Wholecare plans do not endorse or require any specific screening tool for screening purposes. This list is not all-inclusive, and other validated screening tools may be available. Each practice is encouraged to

utilize a screening tool that is best suited for their individual situation.

Validated Screening Tool	Age for Use	Description	Administration Time Scoring information (if available)	Where to find additional information / purchase
Depression Screening –12 through 20 years				
Kutcher Adolescent Depression Scale (KADS) – 6 item English / Spanish / French / Chinese / German / Portuguese / Korean / Polish / Serbian / Urdu / Persian	12-18 years old	The Kutcher Adolescent Depression Scale (KADS) was developed to assist in the public health and clinical identification of young people at risk for depression. Clinicians and researchers expert in the area of adolescent depression and the application of various scales and tools created it in clinical, research and institutional settings. The KADS 6-item is designed for use in institutional settings (such as schools or primary care settings) where it can be used as a screening tool to identify young people at risk for depression or by trained health care providers (such as public health nurses, primary care physicians) or educators (such as guidance counsellors) to help evaluate young people who are in distress or who have been identified as possibly having a mental health problem.	5 minutes Scoring: No diagnostic cutoff. Highest possible score is 33. The higher the score the more severe the depressive symptoms.	Product information: https://psychology-tools.com/test/kutcher-adolescent-depression-scale

Patient Health Questionnaire (PHQ-9®) Modified for Teens English / Spanish / French / Mandarin / Malay / Chinese /	12-18 years old	<p>The PHQ-9 is a self-administered version of the PRIME-MD diagnostic instrument for common mental disorders. The PHQ-9 is the depression module, which derives its scoring system from the 9 DSM-IV criteria for depressive disorders. While the PHQ-9 demonstrated strong sensitivity, specificity, and positive predictive value scores, longitudinal studies are needed to ascertain sensitivity to change. A benefit of using the PHQ-9 in postpartum women is that while it has not been validated in this setting, it is a validated depression screening tool that is linked to DSM-V criteria, and therefore as a screening tool, can be reimbursed for billing purposes.</p>	<p>The PHQ-9 takes less than 3 minutes to complete.</p> <p>Scoring: No or Minimal depression (cutoff: 0-4); mild depression (cutoff: 5-9); moderate depression (cutoff: 10-14); moderately severe depression (cutoff: 15-19); severe depression (cutoff: 20-27). A positive score on the question, "Thoughts that you would be better off dead or of hurting yourself in some way" counts if present at all, regardless of duration.</p>	<p>https://www.aacap.org/App_Themes/AACAP/docs/member_resources/toolbox_for_clinical_practice_and_outcomes/symptoms/GLAD-PC_PHQ-9.pdf</p> <p>Cost: Free</p>
Mood and Feelings Questionnaire (MFQ) English / Spanish / Arabic / Portuguese / Norwegian / German / Finnish / Filipino	8 to 17	<p>The MFQ is a 32-item measure that consists of questions regarding how the adolescent has been feeling or acting within the past 2 weeks.¹⁶ A short version is also available that consists of 11 items. The MFQ also has a parent version that can be used to assess symptoms based on parental report.</p>	<p>5 to 10 minutes</p> <p>Scoring: For adolescents, the cutoff score on the full version for distinguishing those who are likely to have a depressive disorder from those who are not is 12 or higher.</p>	<p>Product information:</p> <p>https://devepi.duhs.duke.edu/measures/th e-mood-and-feelings-questionnaire-mfq/</p> <p>Cost: Free</p>
Beck Depression Inventory - II (BDI-II) English / Spanish	13 and over	<p>The BDI-II is a 21-item instrument for detecting depression that can be completed by adolescents aged 13 years and older. The BDI-II aligns with the depressive symptom criteria of the DSM-V. It was specifically constructed to measure the severity of self-reported depression in adolescents and adults.²⁰ Although the BDI-II is typically a self-report measure, providers can also verbally administer the measure to adolescents. It contains 21 questions with a scale value of 0 to 3. The BDI-II can be used with patients aged 13 to 80 years and is available in Spanish.</p>	<p>5 minutes</p> <p>Scoring: A cutoff score above 20 suggests moderate depression and a score of 29 or higher suggests severe depression.</p>	<p>The BDI-II can be purchased from:</p> <p>Pearson: 800-211-8378 http://pearsonassess.com</p>
Children's Depression Inventory-2 (CDI-2) Children's Depression Inventory 2 Short (CDI-2 Short) English	7 to 17	<p>The CDI-2 is a 28-item scale used to assess for depressive symptoms in children and adolescents. It is derived from the BDI but modifies some questions to be more appropriate for younger ages.²¹ The CDI-2 is a self-report measure that is completed by the child or adolescent. It can be administered and scored using paper-and-pencil forms or online. It asks about key symptoms of depression, such as a child's feelings of worthlessness and loss of interest in activities. The CDI-2 can be used with patients who are aged 7 to 17 years, and can be particularly helpful for providers who want to track depressive symptoms over the course of treatment</p>	<p>15-20 minutes</p> <p>Short: 5 Minutes</p> <p>Scoring: The 28 items of the CDI-2 yield a total score, 2 scale scores (emotional problems and functional problems), and 4 subscale scores (negative mood/physical symptoms, negative self-esteem, interpersonal problems, and ineffectiveness). Each item allows the patient to respond to 3 choices that indicate 3 levels of symptoms:</p>	<p>The CDI-2 and CDI-2 Short can be purchased from:</p> <p>Pearson: 800-211-8378 http://pearsonassess.com</p>

			0 (absence of symptoms), 1 (mild or probable symptoms), or 2 (definite symptoms).	
Pediatric Symptom Checklist (PSC) English / Spanish / Japanese	6 to 16	The PSC is a 35-item psychosocial screening tool designed to cover cognitive, emotional, and behavioral problems. It is completed by the parent. The PSC can be used with patients aged between 3 and 16 years. The PSC has an internalizing scale that examines depression and anxiety together. For adolescents who are aged at least 11 years, there is also a youth self-report version (Y-PSC). Additionally the PSC and Y-PSC are available in Spanish, and the PSC is available in Japanese. There is also a 17-item scale that performs similarly to the 35-item scale, although this shorter version has not been as widely used. The PSC can be downloaded free at http://psc.partners.org/psc_order.htm .	3 minutes Scoring: There is a total possible score of 70. For children aged 6 to 16 years, a total score of 28 or higher indicates significant impairment in functioning. Scoring time is relatively brief and could be completed during the office visit. Response options within each category are added together and cutoff scores then indicate if there is significant psychosocial impairment.	PSC can be purchased directly from: Massachusetts General Hospital 617-726-3163 http://psc.partners.org/psc_order.htm

Health benefits or health benefit administration may be provided by or through Highmark Wholecare, coverage by Gateway Health Plan, an independent licensee of the Blue Cross Blue Shield Association (“Highmark Wholecare”).