

## Major Depressive Disorder Algorithm<sup>1</sup>

First determine if ALL of the following apply:

- Symptoms do not meet criteria for a mixed episode (e.g. 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
- Symptoms are not better accounted for by bereavement unless continuous for over 2 months or severe functional impairment, morbid preoccupation with worthlessness, psychotic symptoms or psychomotor retardation
- Symptoms have been present during the same 2-week period and represent a change from previous functioning

**If all the above is true move to the next box**

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, self reported or reported by others

**If either of the above is true move to the next box**

Must have either one or both of the above symptoms plus 3 or 4 of these to make a total of 5 or more symptoms

- Significant weight loss (not due to dieting) or gain (e.g. 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, recurrent suicidal ideation without a specific plan, or a suicide attempt or a specific plan for committing suicide

**If you now have a minimum of 5 symptoms total, your patient meets the requirement for the diagnosis of Major Depressive Disorder per DSM-IV.<sup>1</sup>**

**ICD-9 Diagnosis:**

- **296.2X** Major Depressive Disorder, Single Episode
- **296.3X** Major Depressive Disorder, Recurrent

**Fifth Digits:**

- 0 = Unspecified
- 1 = Mild
- 2 = Moderate
- 3 = Severe w/o psychotic behavior
- 4 = Severe w/ psychotic behavior
- 5 = In partial or unspecified remission
- 6 = In full remission

<sup>1</sup> American Psychiatric Association: Diagnostic and Statistical Manual of Mental Disorders, 4th Ed, Text Revision. Washington, DC, American Psychiatric Association, 2000.

These codes are to be used for easy reference; however, the ICD-9-CM code book is the authoritative reference for correct coding guidelines. The information presented herein is for information purposes only. Ingenix, Inc. does not warrant or represent that the information contained herein is accurate or free from defects. © 2010 Ingenix, All Rights Reserved • Revised 01/04/2011 • IN289 • Codes Valid 10/01/10 to 9/30/11