

- Statistics on MDD
- Mood Disorders
 - Major Depressive Disorder
 - Bipolar
 - Schizophrenia
 - Other Mood Disorders



The National Institute of Mental Health (NIMH) conservatively estimates the total costs associated with serious mental illness, those disorders that are severely debilitating and affect about 6 percent of the adult population, to be in excess of \$300 billion per year.

This estimate is based on 2002 data from the [Substance Abuse and Mental Health Services Administration \(SAMHSA\)](#), the [Social Security Administration](#), and findings from the NIMH-funded [National Comorbidity Survey – Replication \(NCS-R\)](#)

The prevalence of a major mood disorder (Depression, BPD) in a given year in the Medicare population is only ~5% but the ***lifetime*** prevalence of a major mood disorder is ~20%.¹

¹According to the NIH the one year prevalence of a major depressive episode (not BPD) is anywhere from 5-16% depending on the patient's age with younger patients having a higher prevalence in any given year. Since the diagnosis of "Major Depression in Remission" considers the ***lifetime*** prevalence the figure most likely exceeds 20% for all mood disorders combined.



Major Depressive Disorder (MDD)

According to the *Fifth Edition of the Diagnostic and Statistical Manual of Mental Disorders (DSM-5)*, five or more of the symptoms listed below must be present during the same 2-week time period that represents changes in functioning. At least one symptom is either a depressed mood or loss of interest.

- ✓ Depressed mood most of the day, nearly every day, as indicated in the subjective report or in observation made by others
- ✓ Markedly diminished interest in pleasure in all, or almost all, activities most of the day and nearly every day
- ✓ Significant weight loss when not dieting or weight gain, for example, more than 5 percent of body weight in a month or changes in appetite nearly every day
- ✓ Insomnia or hypersomnia nearly every day
- ✓ Psychomotor agitation or retardation nearly every day
- ✓ Fatigue or loss of energy nearly every day
- ✓ Feelings of worthlessness or excessive or inappropriate guilt
- ✓ Diminished ability to think or concentrate, or indecisiveness nearly every day
- ✓ Recurrent thoughts of death



PHQ-9 Screening

For initial diagnosis:

1. Patient completes PHQ-9 Quick Depression Assessment.
2. If there are at least 4 3s in the shaded section (including Questions #1 and #2), consider a depressive disorder. Add score to determine severity.

Consider Major Depressive Disorder - if there are at least 5 3s in the shaded section (one of which corresponds to Question #1 or #2)

Consider Other Depressive Disorder - if there are 2-4 3s in the shaded section (one of which corresponds to Question #1 or #2)

Over the last 2 weeks, how often have you been bothered by any of the following problems?
(use "✓" to indicate your answer)

	Not at all	Several days	More than half the days	Nearly every day
1. Little interest or pleasure in doing things	0	1	2	3
2. Feeling down, depressed, or hopeless	0	1	2	3
3. Trouble falling or staying asleep, or sleeping too much	0	1	2	3
4. Feeling tired or having little energy	0	1	2	3
5. Poor appetite or overeating	0	1	2	3
6. Feeling bad about yourself—or that you are a failure or have let yourself or your family down	0	1	2	3
7. Trouble concentrating on things, such as reading the newspaper or watching television	0	1	2	3
8. Moving or speaking so slowly that other people could have noticed. Or the opposite — being so fidgety or restless that you have been moving around a lot more than usual	0	1	2	3
9. Thoughts that you would be better off dead, or of hurting yourself	0	1	2	3

add columns + +

Total Score	Depression Severity
0-4	None
5-9	Mild
10-14	Moderate
15-19	Moderately Severe
20-27	Severe



Major Depressive Disorder (MDD)

F32.0	Major depressive disorder, single episode, mild
F32.1	Major depressive disorder, single episode, moderate
F32.2	Major depressive disorder, single episode, severe without psychotic features
F32.3	Major depressive disorder, single episode, severe with psychotic features
F32.4	Major depressive disorder, single episode, in partial remission
F32.5	Major depressive disorder, single episode, in full remission
F33.0	Major depressive disorder, recurrent, mild
F33.1	Major depressive disorder, recurrent, moderate
F33.2	Major depressive disorder, recurrent severe without psychotic features
F33.3	Major depressive disorder, recurrent, severe with psychotic symptoms
F33.40	Major depressive disorder, recurrent, in remission, unspecified
F33.41	Major depressive disorder, recurrent, in partial remission
F33.42	Major depressive disorder, recurrent, in full remission
F33.8	Other recurrent depressive disorders (recurrent brief depressive episode)
F33.9	Major depressive disorder, recurrent, unspecified (monopolar depression)

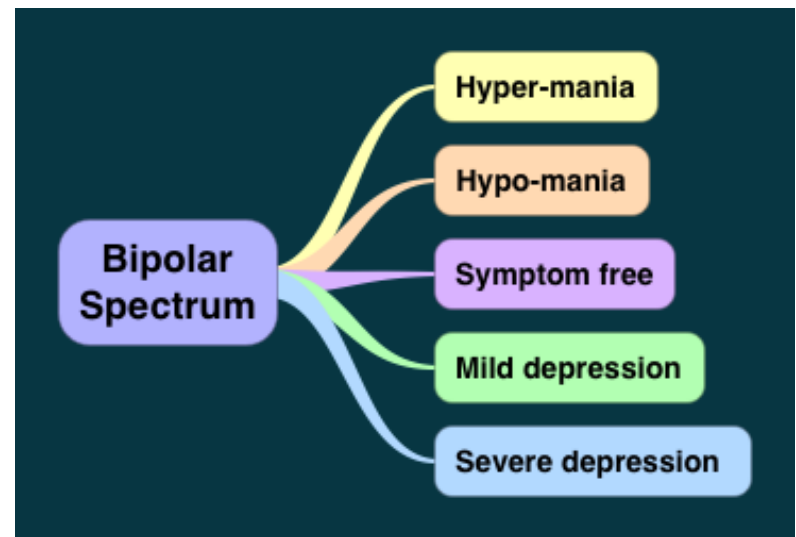
F32.9 Major Depressive Disorder, single episode, unspecified

- ❖ Depression NOS
- ❖ Depressive Disorder
- ❖ Major Depression



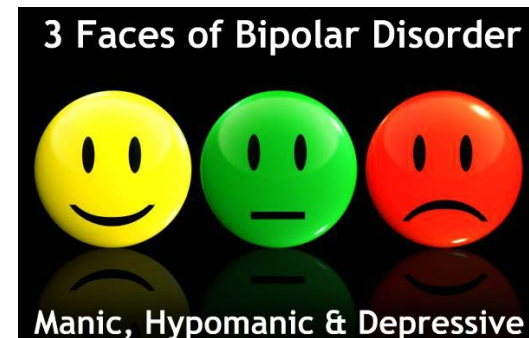
Bipolar I Disorder— defined by manic episodes that last at least 7 days, or by manic symptoms that are so severe that the person needs immediate hospital care. Usually, depressive episodes occur as well, typically lasting at least 2 weeks. Episodes of depression with mixed features (having depression and manic symptoms at the same time) are also possible.

Bipolar II Disorder— defined by a pattern of depressive episodes and hypomanic episodes, but not the full-blown manic episodes described above.



Bipolar Disorder

- F31.0 Bipolar disorder, current episode hypomanic
- F31.10 Bipolar disorder, current episode manic without psychotic features, **unspecified**
- F31.11 Bipolar disorder, current episode manic without psychotic features, mild
- F31.12 Bipolar disorder, current episode manic without psychotic features, moderate
- F31.13 Bipolar disorder, current episode manic without psychotic features, severe
- F31.2 Bipolar disorder, current episode manic severe with psychotic features
- F31.30 Bipolar disorder, current episode depressed, mild or moderate severity, **unspecified**
- F31.31 Bipolar disorder, current episode depressed, mild
- F31.32 Bipolar disorder, current episode depressed, moderate
- F31.4 Bipolar disorder, current episode depressed, severe, without psychotic features
- F31.5 Bipolar disorder, current episode depressed, severe, with psychotic features
- F31.60 Bipolar disorder, current episode mixed, **unspecified**
- F31.61 Bipolar disorder, current episode mixed, mild
- F31.62 Bipolar disorder, current episode mixed, moderate
- F31.63 Bipolar disorder, current episode mixed, severe, without psychotic features
- F31.64 Bipolar disorder, current episode mixed, severe, with psychotic features
- F31.81 Bipolar II disorder
- F31.89 **Other** bipolar disorder
- F31.9 Bipolar disorder, **unspecified**



Clinicians should familiarize themselves with at least one treatment guideline and incorporate the algorithm of that guideline into their clinical practice. Increasingly, guidelines are using the concepts of remission to help clinicians choose the next steps in the treatment approach.

F31.70	Bipolar disorder, currently in remission, most recent episode unspecified
F31.71	Bipolar disorder, in partial remission, most recent episode hypomanic
F31.72	Bipolar disorder, in full remission, most recent episode hypomanic
F31.73	Bipolar disorder, in partial remission, most recent episode manic
F31.74	Bipolar disorder, in full remission, most recent episode manic
F31.75	Bipolar disorder, in partial remission, most recent episode depressed
F31.76	Bipolar disorder, in full remission, most recent episode depressed
F31.77	Bipolar disorder, in partial remission, most recent episode mixed
F31.78	Bipolar disorder, in full remission, most recent episode mixed



Less specific diagnoses

F30.10	Manic episode w/o psychotic symptoms, unspecified
F30.11	Manic episode w/o psychotic symptoms, mild
F30.12	Manic episode w/o psychotic symptoms, moderate
F30.13	Manic episode, severe, w/o psychotic symptoms
F30.2	Manic episode, severe w/ psychotic symptoms
F30.3	Manic episode in partial remission
F30.4	Manic episode in full remission
F30.8	Other manic episodes
F30.9	Manic episode, unspecified

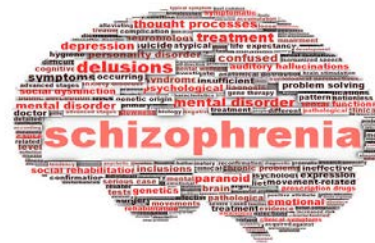
***** Coding Rule*****

F30 includes Bipolar disorder, single manic episode

F30 excludes all codes from F31, F32, and F33



A long-term mental disorder of a type involving a breakdown in the relation between thought, emotion, and behavior, leading to faulty perception, inappropriate actions and feelings, withdrawal from reality and personal relationships into fantasy and delusion, and a sense of mental fragmentation.



- F20.0 Paranoid schizophrenia
- F20.1 Disorganized schizophrenia
- F20.2 Catatonic schizophrenia
- F20.3 Undifferentiated schizophrenia
- F20.5 Residual schizophrenia
- F20.81 Schizophreniform disorder
- F20.89 **Other** schizophrenia
- F20.9 Schizophrenia, **unspecified**
- F25.0 Schizoaffective disorder, bipolar type
- F25.1 Schizoaffective disorder, depressive type
- F25.8 **Other** schizoaffective disorders
- F25.9 Schizoaffective disorder, **unspecified**

Less specific diagnoses

- F22 Delusional disorders
- F24 Shared psychotic disorder



Persistent mood disorder is used to classify conditions whose primary feature is a disturbance in mood but whose symptoms do not meet the severity of those categorized to MDD, Manic, or Bipolar disorder. Conditions categorized here are Cyclothymia, dysthymia, and disruptive mood dysregulation disorder.

- F34.8 **Other** persistent mood [affective] disorders
- F34.89 **Other** specified persistent mood disorders
- F34.9 Persistent mood [affective] disorder, unspecified

- F39 **Unspecified** mood [affective] disorder (Affective Psychosis)





Please submit coding and documentation questions
to RAEducation@cnchealthplan.com

