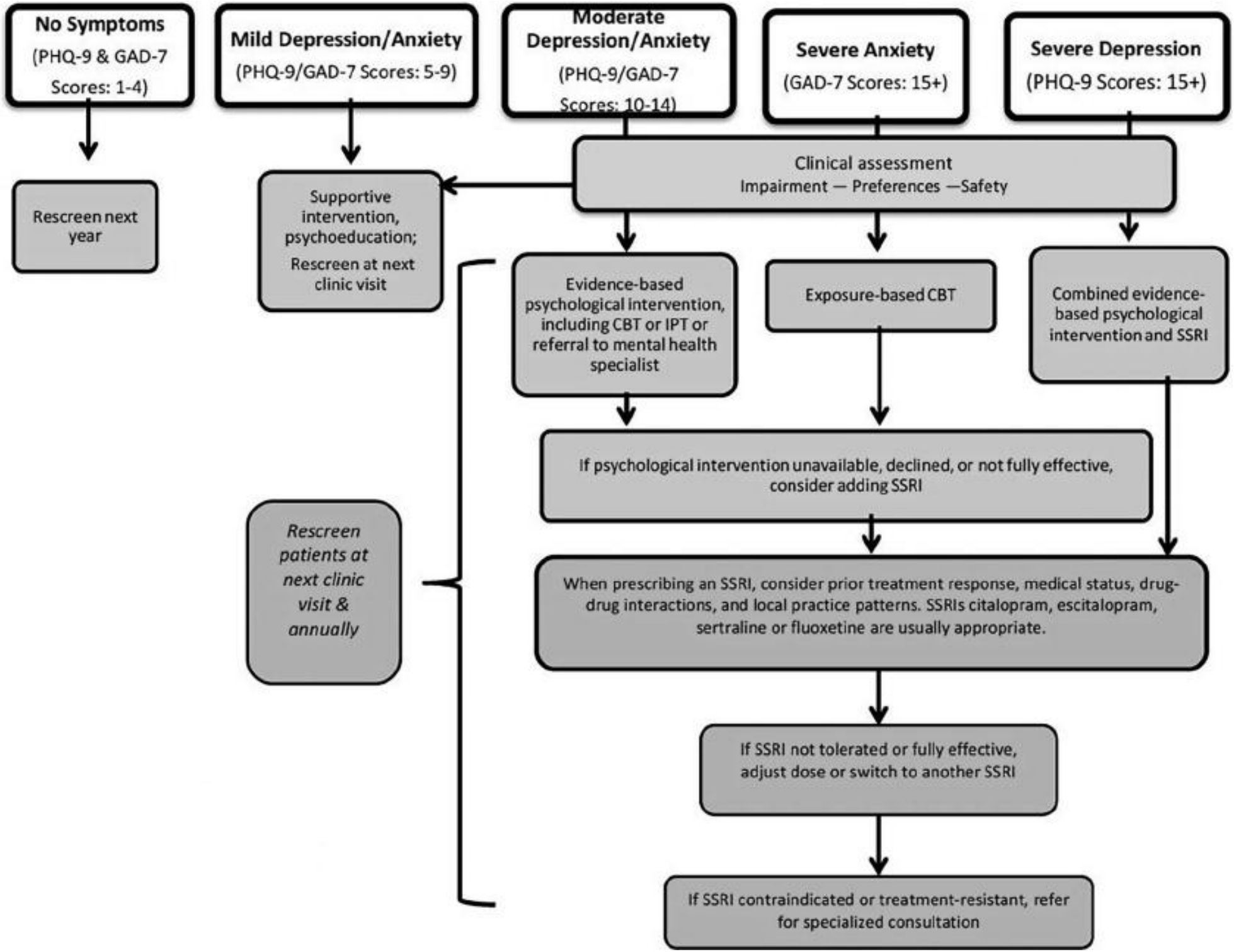
No Symptoms
(PHQ-9 & GAD-7 Scores: 1-4)
Mild Depression/Anxiety
(PHQ-9/GAD-7 Scores: 5-9)
Moderate Depression/Anxiety
(PHQ-9/GAD-7 Scores: 10-14)
Severe Anxiety
(GAD-7 Scores: 15+)
Severe Depression
(PHQ-9 Scores: 15+)
Rescreen next year
Supportive intervention, psychoeducation;
Rescreen at next clinic visit
Clinical assessment
Impairment — Preferences —Safety
Evidence-based psychological intervention, including CBT or IPT or referral to mental health specialist
Exposure-based CBT
Combined evidence-based psychological intervention and SSRI
If psychological intervention unavailable, declined, or not fully effective, consider adding SSRI
Rescreen patients at next clinic visit & annually
When prescribing an SSRI, consider prior treatment response, medical status, drug-drug interactions, and local practice patterns. SSRIs citalopram, escitalopram, sertraline or fluoxetine are usually appropriate.
If SSRI not tolerated or fully effective, adjust dose or switch to another SSRI
If SSRI contraindicated or treatment-resistant, refer for specialized consultation