

# Primary Care Provider Guide to Depression and Anxiety

Depression and anxiety are common presentations in primary care. This guide will help you differentiate between the two and offer treatment guidelines, including medication options.



## DEPRESSION

### Symptoms (Major Depressive Disorder – MDD)

- Need: depressed mood/irritability or diminished interest or pleasure in activities, which are causing clinically significant distress or impairment in function
- Plus 4 of the following:
  - Change in appetite
  - Change in sleep
  - Psychomotor agitation or retardation
  - Low energy/fatigue
  - Feelings of worthlessness or guilt
  - Poor focus/concentration
  - Thoughts of death or suicidal ideation

### Instruments commonly used to Dx depression

- PHQ-A (for ages 12 and up, available in numerous languages, including Spanish) – screen
- Beck Depression Inventory (BDI, for ages 13 and up)
  - severity rating scale
- Children’s Depression Inventory (CDI, for ages 7 – 17)
  - severity rating scale
- Columbia Suicide Severity Rating Scale (C-SSRS) for suicide assessment (available in numerous languages, including Spanish)

### Therapy options

- Cognitive behavioral therapy (CBT)
- Interpersonal psychotherapy for adolescents (IPT-A)

### Medication options:

- See SSRI table (See Page 2)

## ANXIETY

### Common Diagnoses

- Generalized anxiety disorder (GAD)
- Separation anxiety disorder (SAD)
- Social anxiety disorder (social phobia)

### Symptoms – GAD

- Excessive anxiety and worry that is difficult to control and causes clinically significant distress or impairment in function
- Plus at least 1 of the following (1 in children, need at least 3 in adults):
  - Restlessness or feeling on edge
  - Irritability
  - Easily fatigued
  - Muscle tension
  - Difficulty concentrating
  - Sleep disturbance

### Instruments commonly used to Dx anxiety

- Pediatric Symptom Checklist (PSC) for ages 4 – 7 (available in numerous languages, including Spanish)
- Screen for Child Anxiety and Related Emotional Disorders (SCARED – ages 8– 19; has a parent form. Available in numerous languages, including Spanish.)
- Generalized Anxiety Disorder (GAD-7 – ages 13 and up)
- Multidimensional Anxiety Scale for Children, Second Ed (MASC – ages 8 – 19; has a parent form)

### Therapy options

- Cognitive behavioral therapy (CBT) (including possible Exposure and Response Prevention)

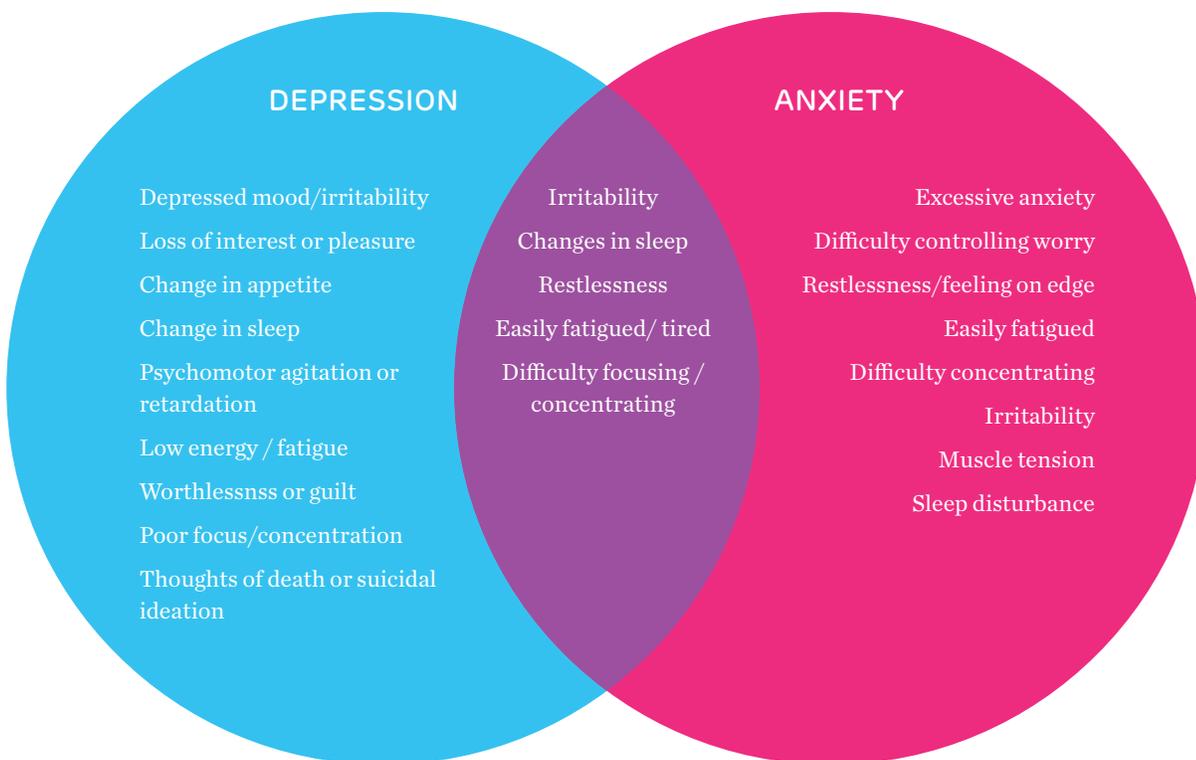
### Medication options:

- See SSRI table (See Page 2)

## SSRI (selective serotonin reuptake inhibitors) Table

Drug	FDA Approved Indication	FDA Approved Age	Starting Dose	Initial Titration (1-2 week follow-up)	Subsequent Titration (4-6 weeks after last increase)	Typical Dosing Range	Max Daily Dose
Fluoxetine	MDD, OCD	8+	5-10mg	Can increase by 5-10mg	Increase by 10mg, if tolerated	Children 5-10mg, Adolescents 10-40mg	60mg if <18yo, 80mg if >18yo
Escitalopram	MDD	12+	2.5-5mg	Can increase by 2.5-5mg	Increase by 5mg, if tolerated	Children 2.5-5mg, Adolescents 5mg-20mg	20mg
Sertraline	OCD	6+	12.5 - 25mg	Can increase by 12.5-25mg	Increase by 25mg, if tolerated	Children 25-100mg, Adolescents 50-150mg	200mg

## Overlapping Symptoms of Depression and Anxiety



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