

Abstract

Adolescent depression is common. Numerous factors have been identified contributing to the increase in mental health illness in adolescents. Most adolescents continue to have some type of impairment related to depression as an adult. Identifying adolescents with depression has been suboptimal in the primary care setting. Primary care providers are placed on the forefront to identify at risk adolescents for depression. Current national guidelines suggest depression screenings in adolescents age 12-18 annually. An adolescent depression screening is essential to identify adolescents at risk and provide early intervention. In this quality improvement project, the PHQ-9 was implemented on all preventative exams aged 12-18 for depression screening at the project site which was a primary care clinic. The protocol development was supported by national guidelines and current evidence found in the literature. This quality improvement project evaluated if an adolescent depression screening guideline improved screening for adolescent depression during preventative exams. Statistically, the null hypothesis of the project was found insignificant, but overall, the project did find an improvement in advance practice providers performance with an increase in the number of adolescents screened for depression during preventative exams.