### eMeasure Title
Depression Remission at Twelve Months

<table>
<thead>
<tr>
<th>eMeasure Identifier (Measure Authoring Tool)</th>
<th>159</th>
</tr>
</thead>
<tbody>
<tr>
<td>eMeasure Version number</td>
<td>5.0.000</td>
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<tr>
<td>NQF Number</td>
<td>0710</td>
</tr>
<tr>
<td>GUID</td>
<td>8455cd3e-dbb9-4e0c-8084-3ece4068fe94</td>
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<tr>
<td>Measurement Period</td>
<td>January 1, 20XX through December 31, 20XX</td>
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<tr>
<td>Measure Steward</td>
<td>MN Community Measurement</td>
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<tr>
<td>Measure Developer</td>
<td>MN Community Measurement</td>
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<tr>
<td>Endorsed By</td>
<td>National Quality Forum</td>
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<tr>
<td>Description</td>
<td>Patients age 18 and older with major depression or dysthymia and an initial Patient Health Questionnaire (PHQ-9) score greater than nine who demonstrate remission at twelve months (+/- 30 days after an index visit) defined as a PHQ-9 score less than five. This measure applies to both patients with newly diagnosed and existing depression whose current PHQ-9 score indicates a need for treatment.</td>
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<td>Copyright</td>
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<tr>
<td>Disclaimer</td>
<td>This measure is &quot;re-tooled&quot; from the existing NQF # 710 measure. eMeasure development was a collaboration between MN Community Measurement and Telligen with technical assistance provided by Telligen.</td>
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<tr>
<td>Measure Scoring</td>
<td>Proportion</td>
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<tr>
<td>Measure Type</td>
<td>Outcome</td>
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<tr>
<td>Stratification</td>
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</tr>
<tr>
<td>Risk Adjustment</td>
<td>None</td>
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<tr>
<td>Rate Aggregation</td>
<td>None</td>
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<tr>
<td>Rationale</td>
<td>The Centers for Disease Control and Prevention states that nationally 15.7% of people report being told by a health care professional that they had depression at some point in their lifetime. Persons with a current diagnosis of depression and a lifetime diagnosis of depression or anxiety were significantly more likely than persons without these conditions to have cardiovascular disease, diabetes, asthma and obesity and to be a current smoker, to be physically inactive and to drink heavily. According to the National Institute of Mental Health (NIMH), 6.7% of the U.S. population ages 18 and older (14.8 million people) in any given year have a diagnosis of a major depressive disorder. Major depression is the leading cause of disability in the U.S. for ages 15 - 44. Additionally, dysthymia accounts for an additional 3.3 million Americans.</td>
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<tr>
<td>Clinical Recommendation Statement</td>
<td>Improvement in the symptoms of depression and an ongoing assessment of the current treatment plan is crucial to the reduction of symptoms and psychosocial well-being of patients with major depression. Most people treated for initial depression need to be on medication at least six to twelve months after adequate response to symptoms, patients with recurrent depression need to be treated for three years or more and response with psychotherapy can take eight to twelve weeks of regular and frequent therapy to show improvement. Remission is defined as a Patient Health Questionnaire (PHQ-9) score of less than five at twelve months. The PHQ-9 tool is a widely accepted, standardized tool [Developed by Drs. Robert L. Spitzer, Janet B.W. Williams, Kurt Kroenke and colleagues, with an educational grant from Pfizer Inc. No permission required to reproduce, translate, display or distribute.] that is completed by the patient, ideally at each visit, and utilized by the provider to monitor treatment progress. This tool was selected for measuring outcomes for this population because it is 1) validated with a sensitivity of .080 and a specificity of 0.92 with substantial heterogeneity $I^2 = 82%$, 2) widely accepted and utilized in Minnesota, 3) available for clinical use, 4) translated into many languages and 5) easy for the patient to complete and the provider to score. Available at <a href="http://www.phqscreeners.com">www.phqscreeners.com</a>. This nine question tool contains the following questions which are scored on a scale of 0 to 27 based on the scale of Not at All (0), Several Days (1), More Than Half the Days (2), or Nearly Every Day (3) for responses to the questions over the last 2 weeks.</td>
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* Little interest or pleasure in doing things
* Feeling down, depressed, or hopeless
* Trouble falling or staying asleep, or sleeping too much
* Feeling tired or having little energy
* Poor appetite or overeating
* Feeling bad about yourself - or that you are a failure or have let yourself or your family down
* Trouble concentrating on things, such as reading the newspaper or watching television
* 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
* Thoughts that you would be better off dead or of hurting yourself in some way

| Improvement Notation                      | Higher score indicates better quality |
| Reference                                 | Screening for Depression in Medical Settings with the Patient Health Questionnaire (PHQ) A Diagnostic Meta Analysis. |
## Definition

Remission may occur from January 1 through December 31 of the prior year. Remission is defined as a PHQ-9 score of less than five. Twelve months is defined as the point in time from the date that a patient meets the Initial Population inclusion criteria (diagnosis and PHQ-9 score greater than nine) extending out twelve months and then allowing a grace period of thirty days prior to and thirty days after this date. Any PHQ-9 score less than five obtained during this two month period is deemed as remission at twelve months, values obtained prior to or after this period are not counted as numerator compliant (remission).

### Guidance

None

### Transmission Format

TBD

## Initial Population

Patients age 18 and older with a diagnosis of major depression or dysthymia and an initial PHQ-9 score greater than nine during the index visit

### Denominator

Equals Initial Population

### Denominator Exclusions

1: Patients who died  
2: Patients who received hospice or palliative care services  
3: Patients who were permanent nursing home residents  
4: Patients with a diagnosis of bipolar disorder  
5: Patients with a diagnosis of personality disorder

### Numerator

Patients who achieved remission at twelve months as demonstrated by a twelve month (+/- 30 days grace period) PHQ-9 score of less than five

### Numerator Exclusions

None

### Denominator Exceptions

None

### Supplemental Data Elements

For every patient evaluated by this measure also identify payer, race, ethnicity and sex

## Table of Contents

- Population Criteria
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### Population Criteria

- **Initial Population** =  
  - AND: Age >= 18 year(s) at: $DepressionIndex  
- **Denominator** =  
  - AND: Initial Population  
- **Denominator Exclusions** =  
  - OR: Union of:
    - "Intervention, Order: Palliative Care"
    - "Encounter, Performed: Care Services in Long-Term Residential Facility"  
  - OR: Union of:
    - "Expired : Patient Characteristic Expired"
    - "Diagnosis: Bipolar Disorder"
    - "Diagnosis: Personality Disorder"  
    - starts before end of "Measurement Period"
- **Numerator** =  
  - AND: "Risk Category Assessment: PHQ-9 Tool" satisfies all:
    - (result < 5 )  
    - <= 1 year(s) starts before end of First: $DepressionIndex  
    - < 13 month(s) starts after end of First: $DepressionIndex  
    - > 10 month(s) starts after end of First: $DepressionIndex  
- **Numerator Exclusions** =  
  - None
- **Denominator Exceptions** =
Data Criteria (QDM Variables)

- **$DepressionEncounter** =
  - "Encounter, Performed: Office Visit" satisfies all:
    - < 12 month(s) ends before start of "Measurement Period"
    - > 0 month(s) ends before start of "Measurement Period"
    - satisfies any:
      - overlaps "Diagnosis: Major Depression Including Remission"
      - overlaps "Diagnosis: Dysthymia"

- **$DepressionEncounterBH** =
  - "Encounter, Performed: Psych Visit" satisfies all:
    - < 12 month(s) ends before start of "Measurement Period"
    - > 0 month(s) ends before start of "Measurement Period"
    - satisfies any:
      - (principal diagnosis: Major Depression Including Remission)
      - (principal diagnosis: Dysthymia)

- **$DepressionF2FSnomed** =
  - "Encounter, Performed: Face to Face Interaction - No ED" satisfies all:
    - < 12 month(s) ends before start of "Measurement Period"
    - > 0 month(s) ends before start of "Measurement Period"
    - satisfies any:
      - overlaps "Diagnosis: Major Depression Including Remission"
      - overlaps "Diagnosis: Dysthymia"

- **$DepressionIndex** =
  - "Risk Category Assessment: PHQ-9 Tool (result > 9 )" during Union of:
    - $DepressionEncounter
    - $DepressionEncounterBH
    - $DepressionF2FSnomed

Data Criteria (QDM Data Elements)

- "Diagnosis: Bipolar Disorder" using "Bipolar Disorder Grouping Value Set (2.16.840.1.113883.3.67.1.101.1.128)"
- "Diagnosis: Dysthymia" using "Dysthymia Grouping Value Set (2.16.840.1.113883.3.67.1.101.1.254)"
- "Diagnosis: Major Depression Including Remission" using "Major Depression Including Remission Grouping Value Set (2.16.840.1.113883.3.67.1.101.3.2444)"
- "Diagnosis: Personality Disorder" using "Personality Disorder Grouping Value Set (2.16.840.1.113883.3.67.1.101.1.246)"
- "Encounter, Performed: Care Services in Long-Term Residential Facility" using "Care Services in Long-Term Residential Facility Grouping Value Set (2.16.840.1.113883.3.464.1003.101.12.1014)"
- "Encounter, Performed: Face to Face Interaction - No ED" using "Face to Face Interaction - No ED SNOMEDCT Value Set (2.16.840.1.113762.1.4.1.1080.1)"
- "Encounter, Performed: Office Visit" using "Office Visit Grouping Value Set (2.16.840.1.113883.3.464.1003.101.12.1001)"
- "Encounter, Performed: Psych Visit" using "Psych Visit Grouping Value Set (2.16.840.1.113883.3.67.1.101.3.2445)"
- "Intervention, Order: Palliative Care" using "Palliative Care Grouping Value Set (2.16.840.1.113883.3.526.3.1024)"
- "Risk Category Assessment: PHQ-9 Tool" using "PHQ-9 Tool Grouping Value Set (2.16.840.1.113883.3.67.1.101.11.723)"
- Attribute: "Principal diagnosis: Dysthymia" using "Dysthymia Grouping Value Set (2.16.840.1.113883.3.67.1.101.1.254)"
- Attribute: "Principal diagnosis: Major Depression Including Remission" using "Major Depression Including Remission Grouping Value Set (2.16.840.1.113883.3.67.1.101.3.2444)"

Supplemental Data Elements

- "Patient Characteristic Ethnicity: Ethnicity" using "Ethnicity CDCREC Value Set (2.16.840.1.114222.4.11.837)"
- "Patient Characteristic Payer: Payer" using "Payer SOP Value Set (2.16.840.1.114222.4.11.3591)"
- "Patient Characteristic Race: ONC Administrative Sex" using "ONC Administrative Sex AdministrativeGender Value Set (2.16.840.1.113762.1.4.1)"

Risk Adjustment Variables

- None
Depression Remission at Twelve Months