

Depression Care: Remission at Six Months

Measure Specifications

2025 Measurement Year

Summary of Changes	<ul style="list-style-type: none"> Clarity added to the Event (Index) and Numerator specifications to address the acceptability of PHQ-9 assessment tools for teens/adolescents labeled as PHQ-9A or PHQ-A in addition to those labeled as PHQ-9M. Removal of text related to permanent nursing home resident exclusion from the Allowable Exclusions. This exclusion was removed from the measure construct and calculation logic starting with the 2023 Measurement Year (MY) but was inadvertently left in subsequent written measure specifications. 	
Description	The percentage of adolescent patients (12 to 17 years of age) and adult patients (18 years of age or older) with Major Depression or Dysthymia who reached remission six months (+/- 60 days) after an index event.	
Measurement Period	Denominator Identification Period: <ul style="list-style-type: none"> FINAL 2025 MY: November 1, 2023 through October 31, 2024 PRELIMINARY 2026 MY: November 1, 2024 through October 31, 2025 Measure Assessment Period: For each patient, the measure assessment period begins with an index event and is 14 months (12 months + 60 days) in length.	
Eligible Population	Eligible Specialties for diagnosing Depression/ Dysthymia[^]	Family Medicine, Internal Medicine, Geriatric Medicine, Psychiatry, Behavioral Health, Pediatric/Adolescent Medicine
	Eligible Providers for diagnosing Depression/ Dysthymia[^]	Medical Doctor (MD), Doctor of Osteopathy (DO), Physician Assistant (PA), Advanced Practice Registered Nurses (APRN) These providers are also eligible, if supervised by a physician: Licensed Psychologist (LP), Licensed Independent Clinical Social Worker (LICSW), Licensed Professional Clinical Counselor (LPCC), Licensed Marriage & Family Therapist (LMFT)
	Ages	12 years of age or older at the index event
	Event (Index)	An index event occurs when ALL the following criteria are met during an encounter*: <ul style="list-style-type: none"> a PHQ-9, PHQ-9M, PHQ-9A, or PHQ-A result greater than nine an active diagnosis of Major Depression or Dysthymia (<i>Major Depression or Dysthymia</i> Value Set) the patient is NOT in a prior measure assessment period * For this measure, an encounter includes but is not limited to any of the following: office visit, psychiatry or psychotherapy visit, telephone, or online encounter. PHQ-9, PHQ-9M, PHQ-9A, or PHQ-A score greater than 9 can be documented on the same date or up to seven days prior to the encounter (index event) and this date occurs during the denominator identification period. This allows for pre-visit planning and administering the PHQ-9, PHQ-9M, PHQ-9A, or PHQ-A just prior to an encounter.
Denominator	The eligible population who had index events during the denominator identification period.	

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Numerator	The number of patients in the denominator who reached remission, with a PHQ-9, PHQ-9M, PHQ-9A, or PHQ-A result less than five, six months (+/- 60 days) after an index event.
Required Exclusions	<p>The following exclusions must be applied to the eligible population:</p> <ul style="list-style-type: none"> • Patient had an active diagnosis of Bipolar Disorder (<i>Bipolar Disorder</i> Value Set) any time prior to the end of their measure assessment period • Patient had an active diagnosis of Schizophrenia or Psychotic Disorder (<i>Schizophrenia Psychotic Disorder</i> Value Set) any time prior to the end of their measure assessment period
Allowable Exclusions (Optional)	<p>The following exclusions can be applied to the eligible population:</p> <ul style="list-style-type: none"> • Patient had an active diagnosis of Personality Disorder – Emotionally Labile (<i>Personality Disorder - Emotionally Labile</i> Value Set) any time prior to the end of their measure assessment period • Patient had an active diagnosis of Pervasive Developmental Disorder (<i>Pervasive Disorder</i> Value Set) any time prior to the end of their measure assessment period • Patient was in hospice or receiving palliative care at any time during the denominator identification period or measure assessment period • Patient died prior to the end of their measure assessment period
Measure Scoring	<p>Rate/Proportion</p> <p>Results are always stratified by age:</p> <ul style="list-style-type: none"> • Adolescents (12-17 years of age) • Adults (18 years of age or older)
Interpretation of Score	Higher score indicates better quality
Measure Type	Outcome
^Any member of the health care team can administer a PHQ-9, PHQ-9M, PHQ-9A, or PHQ-A assessment tool to a patient. Additionally, patients can self-administer via patient portal, email, or mail	