

# Guide to Depression-Related Conditions

*It is important to know the definitions of major depressive disorders and to accurately document and code them.*

## Documentation

Documentation of behavioral conditions is challenging, especially for depression. Nevertheless, psychiatric conditions often affect the health and wellness of the patient and influence how well the patient may comply with any treatment plan. This further highlights the importance of appropriately capturing the patient's condition.

When documenting depression, it is imperative to include:

- **Current Degree** (mild, moderate or severe)
- **Episode** (single or recurrent)
- **Status** (partial or full remission)
- **Treatment Plan** (medications, psychotherapy)

- ▶ An individual can only have one **single** depressive episode during his or her lifetime, which may be in partial remission with ongoing treatment for many years.
- ▶ If the single episode resolves and no longer requires treatment, any new episodes of depression would be considered **recurrent**.
- ▶ Two months with no symptoms or the near absence of symptoms is generally regarded as defining **remission** from the depressive episode.
- ▶ Document the patient's depression, even if the manifestations are well controlled with medication or active psychotherapy.

## Coding Tips

### Major depressive disorder, single episode: F32-

Description	Code
Major depressive disorder, single episode, mild	F32.0
Major depressive disorder, single episode, moderate	F32.1
Major depressive disorder, single episode, severe, without psychotic features	F32.2
Major depressive disorder, single episode, severe, with psychotic features	F32.3
Major depressive disorder, single episode, in partial remission	F32.4
Major depressive disorder, single episode, in full remission	F32.5

### Major depressive disorder, recurrent episode: F33-

Description	Code
Major depressive disorder, recurrent, mild	F33.0
Major depressive disorder, recurrent, moderate	F33.1
Major depressive disorder, recurrent, severe, without psychotic features	F33.2
Major depressive disorder, recurrent, severe, with psychotic features	F33.3
Major depressive disorder, recurrent, in remission, unspecified	F33.40
Major depressive disorder, recurrent, in partial remission	F33.41
Major depressive disorder, recurrent, in full remission	F33.42
Other recurrent depressive disorders	F33.8
Major depressive disorder, recurrent, unspecified	F33.9

### “Major depression, unspecified” versus “Depression, unspecified”

- ▶ If the provider has documented only “depression” or “depressive disorder,” the correct code is F32.A (Depression, unspecified). Code F32.9 requires that the provider document “Major depressive disorder, single episode, unspecified.”

