

Major Depressive Disorder

Major Depressive Disorder is difficult to identify because a note stating that the patient “seems depressed,” or “is likely depressed,” is not sufficient to support a diagnosis of depression. Further, documenting “depression” is not sufficient to identify Major Depressive Disorder.

When depression is documented, the following ICD-10-CM code would be assigned:

- Depression, NOS: F32.9, Major depressive disorder, single episode, unspecified

When your patient is reaction to a stressful life event, such as a loss of family member, the following ICD-10-CM example code would be appropriate to use:

- Situation depression: F43.21, adjustment disorder with depressed mood

NOTE: Screening may be especially important in those with chronic medical conditions, such as diabetes, CAD, heart failure, COPD, ESRD, or prior stroke.

When a diagnosis of Major Depressive Disorder is appropriate, be sure to include all of the following:

- Episode: Single or recurrent
- Severity: Mild, moderate, severe
- Presence or absence of psychosis/psychotic features
- Remission status: Partial or full

In order to qualify as a Major Depressive Disorder, DSM-V criteria should be met.

Criteria A-C represent a Major Depressive Disorder

A. Presence of 5 or more symptoms (e.g., PHQ-9) present during the same 2-week period and represent a change from previous functioning (with at least 1 symptom being depressed mood or loss of interest) for diagnosing and documenting major depressive disorders (code categories F32–, F33).

- Depressed mood most of the day
- Markedly diminished interest or pleasure in all, or almost all, activities most of the day
- Significant weight loss when not dieting, or weight gain, or decrease in appetite
- Insomnia or hypersomnia nearly every day
- Psychomotor agitation or retardation
- Fatigue or loss of energy
- Feelings of worthlessness or excessive or inappropriate guilt (which maybe delusional)
- Diminished ability to think or concentrate, or indecisiveness
- Recurrent thoughts of death (not just a fear of dying), recurrent suicidal ideation without a specific plan or a suicide attempt

B. The symptoms cause clinically significant distress or impairment in social, occupational or other important areas of functioning.

C. The episode is not attributable to the physiological effects of a substance or to another medical condition.

ICD-10-CM diagnosis considerations for Major Depressive Disorder

Single episode	Recurrent Episode	In Remission
F32.0 MDD, single episode, mild	F33.0 MDD, recurrent, mild	F32.4 MDD, single episode, in partial remission
F32.1 MDD, single episode, moderate	F33.1 MDD, recurrent, moderate	F32.5 MDD, single episode, in full remission
F32.2 MDD, single episode, severe w/o psychotic features	F33.2 MDD, recurrent, severe w/o psychotic features	F33.40 MDD, recurrent, in remission, unspecified
F32.3 MDD, single episode, severe with psychotic features	F33.3 MDD, recurrent, severe with psychotic features	F33.41 MDD, recurrent, in remission, in partial remission
F32.9 MDD, single episode, unspecified	F33.9 MDD, recurrent, unspecified	F33.42 MDD, recurrent, in remission, in full remission

