

VA/DoD Clinical Practice Guidelines

Source: <http://www.oqp.med.va.gov/cpg/cpg.htm>

- Post-Deployment Health Evaluation & Management
- PTSD
- Major Depressive Disorder
- Substance Abuse Disorder

Depression Screen

- During the past two weeks, how often have you been bothered by little interest or pleasure in doing things?
 - Not at all (0 points)
 - Several days (1 point)
 - More than half the time (2 points)
 - Nearly every day = (3 points)
- During the past 2 weeks, how often have you been bothered by feeling down, depressed, or hopeless?
 - Not at all (0 points)
 - Several days (1 point)
 - More than half the days (2 points)
 - Nearly every day (3 points)

Note: Screen is positive if total is more than 3 points.

PTSD Screen

- In your life, have you ever had any experience that was so frightening, horrible, or upsetting that, in the past month you...
 - Have had nightmares about it or thought about it when you did not want to?
 - Tried hard not to think about it or went out of your way to avoid situations that reminded you of it?
 - Were constantly on guard, watchful, or easily startled?
 - Felt numb or detached from others, activities, or your surroundings?

Note: Screen is positive if patient answered yes to any three items.

Alcohol Screen

- Patient indicates he/she drinks no alcohol. (0 points)
- How often did you have a drink containing alcohol in the past year?
 - Monthly or less (1 point)
 - Two to 4 times a month (2 points)
 - Two to three times per week (3 points)
 - Four or more times a week (4 points)
- How many drinks did you have on a typical day when you were drinking in the past year?
 - 1 or 2 (0 points)
 - 3 or 4 (1 point)
 - 5 or 6 (2 points)
 - 7 or 9 (3 points)
 - 10 or more (4 points)
- How often did you have six or more drinks on one occasion in the past year?
 - Never (0 points)
 - Less than monthly (1 point)
 - Monthly (2 points)
 - Weekly (3 points)
 - Daily or almost daily (4 points)

Note: In men, a score of 4 or more is considered positive; in women a score of 3 or more is considered positive. Generally, the higher the score, the more likely it is that the patient's drinking is affecting his/her health and safety.