

ANXIETY, DEPRESSION, AND RELATED CONDITIONS

All Classes
(Updated 06/26/2024)

Row A on the following Anxiety, Depression, and Related Conditions Disposition Table allows only TWO of the following:

Anxiety

- Unspecified anxiety
- Generalized Anxiety Disorder
- Situational anxiety (also called adjustment disorder with anxiety)
- Social Anxiety Disorder

Depression

- Unspecified depression
- Postpartum depression
- Situational depression* (also called adjustment disorder with depressed mood)
*For Situational Depression - AME can also use the [Situational Depression Disposition Table](#).
- Situational Anxiety and Depression (adjustment disorder with mixed anxiety and depressed mood)

Other

- Obsessive Compulsive disorder (OCD)
- Post Traumatic Stress Disorder (PTSD)
- V code[^] (DSM)/Z code (ICD-10) table items

Note[^]: V code (DSM)/Z code (ICD-10) table includes but is not limited to:

- Uncomplicated Bereavement;
- Relationship distress with spouse or intimate partner;
- Parent-Child relational problem; and/or
- Phase of Life Problem (problems adjusting to major life transitions such as newly retired, getting married, empty-nest, new career, becoming a parent, etc.

Review ALL Row A criteria including psychotherapy (past and current) and medication history.

For conditions not listed above, see Row B.

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DISEASE/CONDITION	EVALUATION DATA	DISPOSITION
<p>A. Up to TWO listed conditions treated with any combination of:</p> <ul style="list-style-type: none"> • Psychotherapy (current or historical) • Medication: A single mental health medication last taken, prescribed, or recommended two (2) or more years ago. <ul style="list-style-type: none"> ○ This includes when the treating physician changed medications for better treatment response, provided only ONE medication was taken at a time and last use was two or more years ago. <p>ACCEPTABLE DIAGNOSES:</p> <p><u>Uncomplicated:</u></p> <p>1. <u>Anxiety:</u></p> <ul style="list-style-type: none"> • Generalized Anxiety Disorder • Situational anxiety (aka adjustment disorder with anxiety) • Social Anxiety Disorder • Unspecified anxiety <p>2. <u>Depression:</u></p> <ul style="list-style-type: none"> • Postpartum depression • Situational depression* (aka adjustment disorder with depressed mood) • Situational • Anxiety and Depression (adjustment disorder with mixed anxiety and depressed mood) • Unspecified depression 	<p>The AME should gather information regarding the diagnosis, severity, treatment, symptoms, and address ALL of the questions on the Anxiety, Depression, and Related conditions Decision Tool for the AME.</p> <p>Note: For individuals who were deferred, but now may possibly meet all Row A criteria, use the Fast Track Pathway Decision Tool for Currently Deferred Cases.</p> <p>If all items on the decision tool are in the clear, “NO column, the AME may:</p> <p>DO NOT USE THIS ROW IF (go to Row B):</p> <ul style="list-style-type: none"> ⊗ Previously on an SI/SC for SSRI use; ⊗ Recurrent episodes or symptoms. If the individual had multiple failed attempts to discontinue or stay off medication(s) over any period; ⊗ If the individual has any history of requiring more than ONE mental health medication at a time (e.g., dual or triple therapy); and/or ⊗ Diagnosed with Major Depressive Disorder (MDD) or Persistent Depressive Disorder (dysthymia). <p>NOTE[^]: V code (DSM)/Z code (ICD-10) table includes but is not limited to:</p> <ul style="list-style-type: none"> • Uncomplicated Bereavement; • Relationship distress with spouse or intimate partner; • Parent-Child relational problem; and/or • Phase of Life Problem (problems adjusting to major life transitions such as newly retired, getting married, empty-nest, new career, becoming a parent, etc. 	<div style="background-color: #008000; color: white; padding: 5px; font-weight: bold; font-size: 1.2em;">ISSUE</div> <p>Summarize this history, diagnosis, and annotate Block 60:</p> <p>“Discussed the history of [insert diagnosis here], no positives to screening questions, and no concerns.”</p> <p>If any “YES” answers</p> <p style="text-align: center;">OR</p> <p>Any AME concerns:</p> <div style="text-align: center; font-weight: bold; font-size: 1.2em;">DEFER</div>

DISEASE/CONDITION	EVALUATION DATA	DISPOSITION
<p>3. Other:</p> <ul style="list-style-type: none"> • Obsessive Compulsive disorder (OCD) • Post-Traumatic Stress Disorder (PTSD) • V code^ (DSM)/Z code (ICD-10) table items <p>Note*: For Situational Depression - AME can use this table or the Situational Depression Disposition Table.</p>		
<p>B. All Others</p> <ul style="list-style-type: none"> • Previously on an SI/SC for SSRI use; OR • Recurrent episodes or symptoms. If the individual had multiple failed attempts to discontinue or stay off medication(s) over any period; OR • If the individual has any history of requiring more than ONE mental health medication at a time (e.g., dual or triple therapy); OR • Diagnosed with Major Depressive Disorder (MDD) or Persistent Depressive Disorder (dysthymia); AND/OR • Seasonal Affective Disorder 	<p>Submit a current, detailed Clinical Progress Note generated from a clinic visit with the treating physician or specialist no more than 90 days before the AME exam.</p>	<p style="text-align: center;">DEFER</p> <p>Annotate (elements or findings) in Block 60.</p>