Purpose
The purpose of this scoping review is to evaluate the implementation of universal depression screenings in the high school setting and how this improves the detection of depression, as well as the initiation of treatment.

Aims
❖ To determine whether the Beck Depression Scale of PHQ-9 is more efficient in diagnosing depression in at-risk high school adolescents.
❖ Three-month follow-up conducted to determine the number of at-risk adolescents diagnosed with depression and how many initiated treatment.

Background
❖ Depression in adolescents is rising each year, becoming the most common mental illness in the pediatric population. Untreated depression can lead to a misdiagnosis of Attention Deficit-Hyperactivity Disorder (ADHD), Obsessive Compulsive Disorder (OCD), or other anxiety-related disorders. According to Cucci et al (2021), studies show that many communities lack the resources and access to mental health experts or have had to wait weeks to several months for an appointment (Cucci et al., 2021). Due to the rising rates of depression in adolescents, the United States Preventative Task Force has recommended that depression screenings be implemented at every adolescent wellness visit.
❖ Sekhar et al., (2021), explain that depression, specifically in adolescents, has almost doubled in the last decade. As stated before, The US Preventative Service Task Force endorses universal screening in the primary care setting, but due to issues accessing healthcare in certain populations and areas, there is a need for universal screening in the public-school setting. By implementing universal depression screening, the hope is to reduce disparities and improve the identification of MDD and initiate treatment (Sekhar et al., 2021).

Methods
Eligibility Criteria
❖ Peer-reviewed, published journals
❖ English language articles between the years of 2014-2023
❖ Studies that explored the efficacy of either PHQ-9 or the Beck Depression Inventory (BDI) in detecting depression among high school students ages 13-18.
❖ Study of articles conducted from August 2022 to November 2023.

Results
This review suggests that the PHQ-9 was more effective in identifying depression in high school adolescents.

PHQ-9
- Superior in identifying depression in adolescents.

Beck Depression Inventory
- Beck Depression Inventory is most helpful in the community settings (not in communities’ poor self-image and high comorbidity)

Implications for Practice
Depression is the second most common adolescent mental health disorder, with an estimated thirteen percent of teens affected by this issue.

Results of this scoping review show that implementation of depression screenings in high school adolescents not only helps identify depression earlier but also helps patients initiate treatment. Implementation of depression screenings is needed in high schools and will only help the adolescent population receive the help they need.

References
Scan the QR Code below to review references