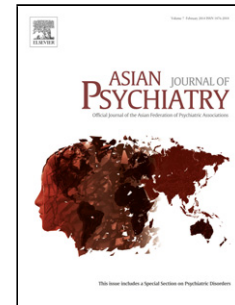


Accepted Manuscript

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PII: S1876-2018(18)30418-0
DOI: <https://doi.org/10.1016/j.ajp.2018.07.021>
Reference: AJP 1504

To appear in:

Received date: 2-5-2018
Accepted date: 30-7-2018

Please cite this article as: Indu PS, Anilkumar TV, Vijayakumar K, Kumar KA, Sarma PS, Remadevi S, Andrade C, Reliability and validity of PHQ-9 when administered by health workers for depression screening among women in primary care, *Asian Journal of Psychiatry* (2018), <https://doi.org/10.1016/j.ajp.2018.07.021>

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Reliability and validity of PHQ-9 when administered by health workers for depression screening among women in primary care

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HIGHLIGHTS

- The reliability and validity (including cut off) of PHQ-9 vary in different settings and languages. We translated PHQ-9 into Malayalam, a language spoken by 30 million people in Kerala, India and studied its psychometric properties when administered by health workers to screen for depression among women in a high prevalent primary care setting
- Health workers are a cadre of public health staff attached to the primary health centres in India. When they administered PHQ-9, the optimum cut off to identify depressive disorder was 9 and it had a single factor structure, which could explain 62% of variance.
- This study not only proves the psychometric properties of Malayalam version of PHQ-9, but also justifies the judicious involvement available human resource in community mental health. We consider that screening by health workers would be a sustainable mode of early identification of depression.
- The policy implication of the study is that, in future, PHQ-9 can be used by health workers to bring to the health system women with depression, who otherwise would have remained unidentified.

Abstract

Background: Depression is twice more prevalent among women but remains unidentified in primary care.

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