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Adult Depression Diagnostic Protocol (ADDP)

Fagner Alfredo Ardisson Cirino Campos
Government of the State of Acre, Brazil

Depression is an underdiagnosed pathology in the health service, probably because health professionals often have difficulty tracking it. There is a difference between sadness and depression, and diagnostic standard taxonomies are difficult to handle. The present work aims to present the Protocol of Diagnosis of Depression in Adults (ADDP). The ADDP was created by a RN and a Psychologist in the year 2015 and consists of the brief systematization of information to identify the different depressive disorders of ICD-10. It's ADDP can be used by health professionals, through an evaluation of the interviewed patient, and facilitates the diagnosis of depression. This was evaluated by a mental health team from a Psychosocial Care Center (CAPS), a mental health service unit in the Brazilian Amazon region. This team validated that ADDP is operative, feasible and easy to apply in the health service. Structurally, ADDP is divided into four parts: (**I**) presentation of the fundamental and accessory symptoms of depression; (**II**) specification of non-recurrent depressions, ie the first diagnosis of depression in the patient; and also the specification of recurrent depression, when the patient has already had a depressive diagnosis and ends up having a relapse; (**III**) presentation of persistent mood disorder (chronic formulations of depression); and (**IV**) presentation of other mood disorders (unusual depressions). It is concluded that ADDP can facilitate the diagnosis of depression in health services, being a low cost technology that will favor the rapid and effective diagnosis of depression.