

Table 2*Interpreting Scores of PHQ-9 scale.*

Score	Preliminary diagnosis	Treatment & Recommendations
5-9	Minimal symptoms	Support. Follow-up monthly or on demand.
10-14	Minor depression Dysthymia Light major depression	Support, monitoring. Antidepressants or psychotherapy Antidepressants or psychotherapy
15-19	Major depression or moderately severe	Antidepressants or psychotherapy
>20	Major and severe depression	Antidepressants or psychotherapy

Source: Dudushi, 2020