There is a high probability that you have severe depression. 

Recommendation
Explain the finding to your patient.
Discuss the topic of depression and treatment options (psychotherapy, pharmacotherapy, combined treatment) with your patient.

Emphasize the necessity of treatment.
Enquire about current suicidal tendencies. If high suicide risk is present, arrange immediate inpatient psychiatric treatment.
If no acute suicide risk is present, make a referral to a specialist or psychotherapist in consultation with your patient.

Attached is a point of contact for a more in-depth assessment of depression.

There is also some information provided so you can better inform yourself about depression.

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**Distribution of depressive symptom severity in the general population**

- **No depression** (70 out of 100 people)
- **Mild depression** (20 out of 100 people)
- **Moderate depression** (8 out of 100 people)
- **Severe depression** (2 out of 100 people)

You fall into this category: 

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Fig. DS2 Depression severity, as measured with the Patient Health Questionnaire-9 (PHQ-9), over the course of the study. PHQ-9 mean scores and standard errors by group are shown.