



Is it really just the winter blues?



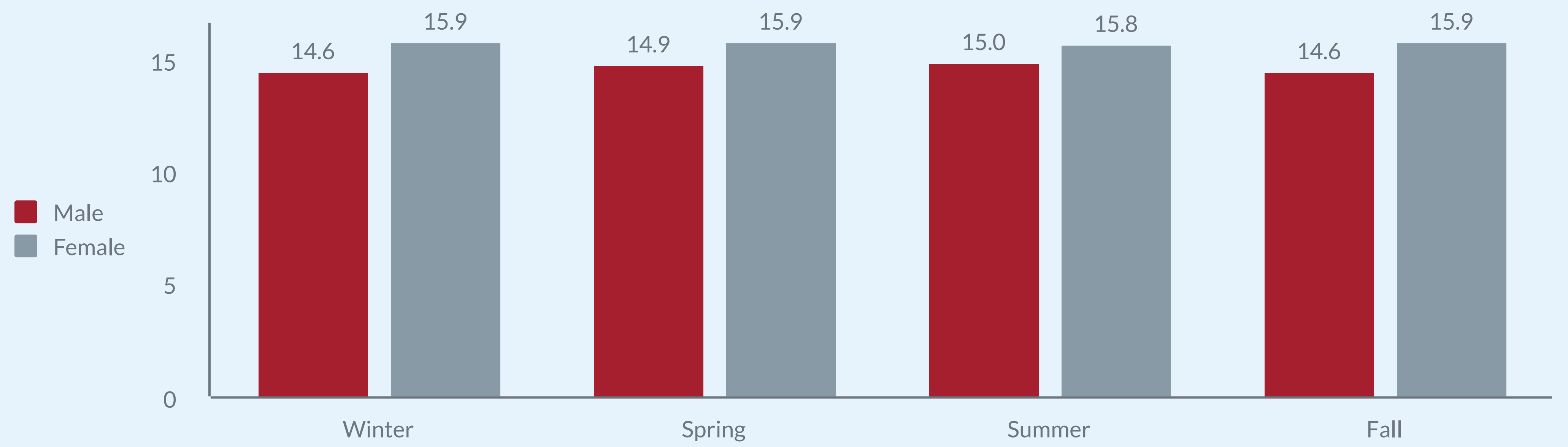
Admission Severity



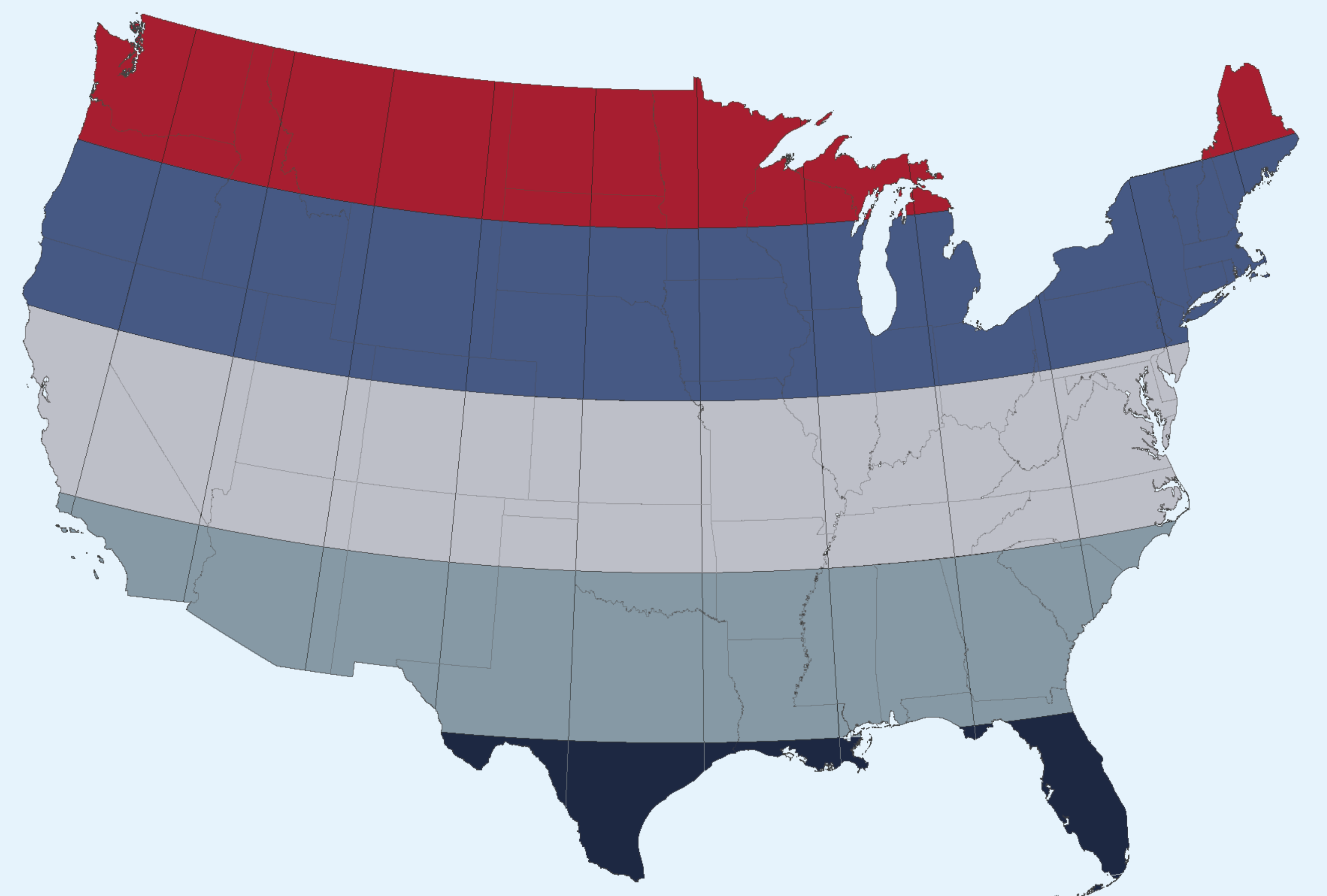
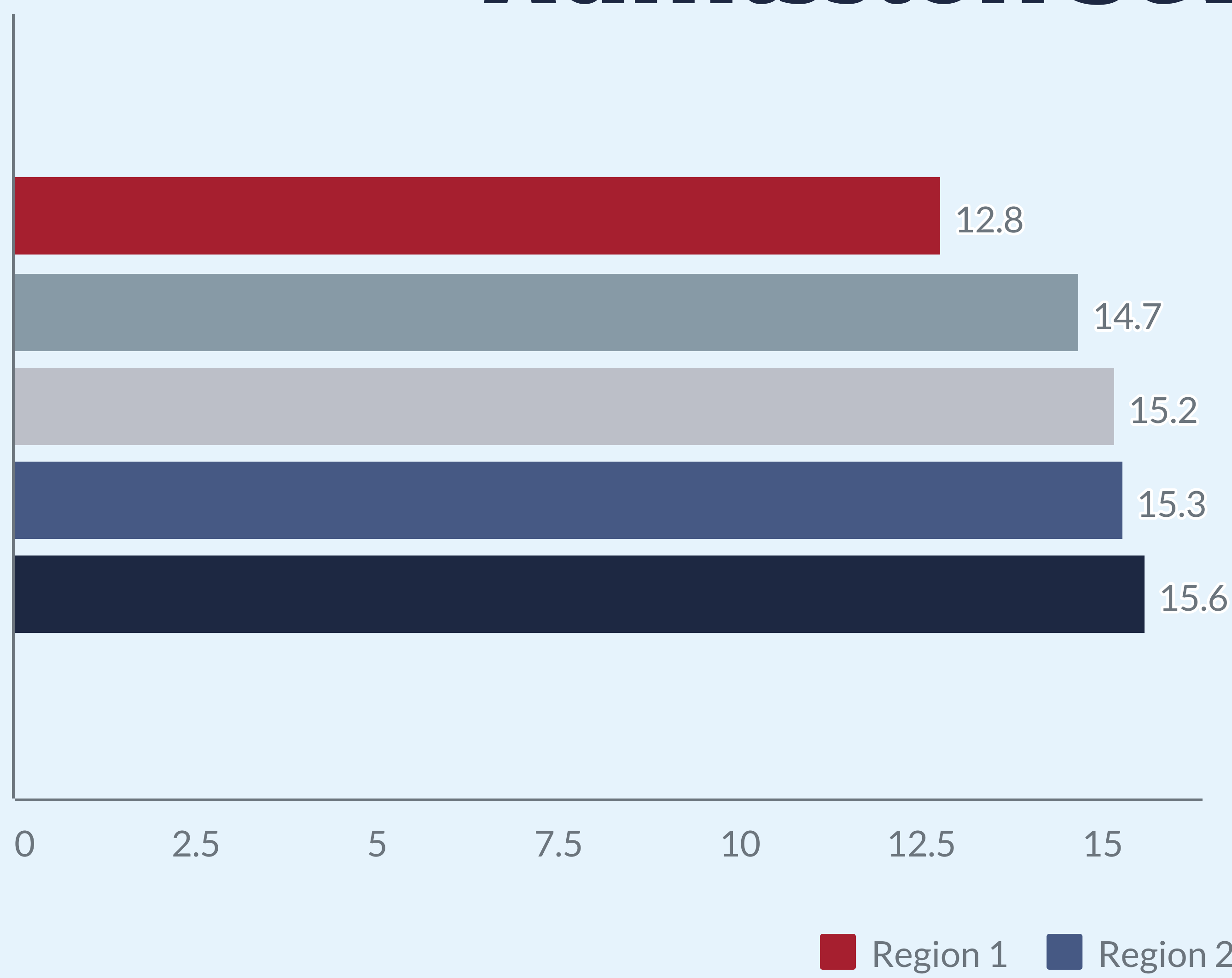
Overall admission severity* does not differ by season.

Admission Severity by Sex

Females have slightly higher admission severity across all seasons with no seasonal differences.



Admission Severity by Region



The DSM 5 identifies latitude as a potential factor in seasonal pattern depression. In general, MHO did not find seasonal differences in depression severity even when adjusted for latitude. However, MHO found that patients in the highest latitude zone (45°-50°) tended to report lower depression severity at admission.

Depression severity does not seem to be impacted by seasonality and instead varies by demographics. Outcomes data clearly show facilities can help patients resolve to take care of themselves whether snow, rain, sleet, or shine.

*Patient Health Questionnaire (PHQ-9): a 9-item self-report measure of a patient's depression, scored on a scale of 0 to 27, where higher scores indicate greater severity.