

PHQ-9

The PHQ-9 (patient health questionnaire) measures low mood or depression.

Over the <u>last 2 weeks</u> , how often have you been bothered by any of the following problems?		Not at all	Several days	More than half the days	Nearly every day
1	Little interest or pleasure in doing things	0	1	2	3
2	Feeling down, depressed, or hopeless	0	1	2	3
3	Trouble falling or staying asleep, or sleeping too much	0	1	2	3
4	Feeling tired or having little energy	0	1	2	3
5	Poor appetite or overeating	0	1	2	3
6	Feeling bad about yourself – or that you are a failure or have let yourself or your family down	0	1	2	3
7	Trouble concentrating on things such as reading the newspaper or watching television	0	1	2	3
8	Moving or speaking so slowly that other people could have noticed? Or the opposite – being so fidgety or restless that you have been moving around a lot more than usual	0	1	2	3
9	Thoughts that you would be better off dead or of hurting yourself in some way	0	1	2	3
PHQ-9 total score ____					

Scoring PHQ-9

Add up your scores and see where they fall on this index of severity.

- 0–4 None
- 5–9 Mild depression
- 10–14 Moderate depression
- 15–19 Moderately severe depression
- 20–27 Severe depression

If you have a score of 10 or above for more than two weeks and/or scoring 3 on question 9, you should visit your doctor.