

PATIENT HEALTH QUESTIONNAIRE - PHQ 9

The PHQ-9 is a straightforward and easily scored instrument to identify who may need help. It consists of nine simple questions about recent symptoms.

Over the last 2 weeks, how often have you been bothered by the following

| | 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 |

total score

- 1 - 4 Minimal depression
- 5 - 9 Mild depression
- 10 - 14 Moderate depression
- 15 - 19 Moderately severe depression
- 20 - 27 Severe depression

If you checked off any problems, how difficult have these problems made it for you to do your work, take care of things at home, or get along with other people?

NOT AT ALL
DIFFICULT

SOMEWHAT
DIFFICUT

VERY
DIFFICULT

EXTREMELY
DIFFICULT