

Name: _____



Date: _____

PHQ-9 - Patient Health Questionnaire

Over the <u>last 2 weeks</u> , how often have you been bothered by any of the following problems? (indicate 1 answer for each)		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	Suggests (depressive) symptoms of low mood in the -
0 - 4	Minimal range
5 - 9	Mild range
10 - 14	Moderate range
15 - 19	Moderately Severe range
20 - 27	Severe range

Add ratings for the last 3 columns →

	+		+	
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Total Score - (out of 27) =

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10.	If you indicated 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 difficult at all 0	Somewhat difficult 1	Very difficult 2	Extremely difficult 3
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