

## Patient Health Questionnaire-9 (PHQ-9)

Over the **LAST 2 WEEKS**, 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

FOR OFFICE CODING 0 + \_\_\_ + \_\_\_ + \_\_\_

**TOTAL SCORE:** \_\_\_\_\_

## Patient Health Questionnaire-9 (PHQ-9) (cont'd)

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?

- |                          |                          |                          |                          |
|--------------------------|--------------------------|--------------------------|--------------------------|
| <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| Not difficult<br>at all  | Somewhat<br>difficult    | Very<br>difficult        | Extremely<br>difficult   |

Total scores of 5, 10, 15, and 20 for the first 9 items represent threshold cutpoints for mild, moderate, moderately severe, and severe depression, respectively.

Kroenke K, Spitzer RL, Williams JB. The PHQ-9: validity of a brief depression severity measure. *J Gen Intern Med.* 2001;16(9):606-613.