



# PHQ-9

## Patient Health Questionnaire (PHQ-9)

Date	Name
	Consumer Number
	Date of Birth

**CONFIDENTIAL**

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**Over the last 2 weeks, how often have you been bothered by any of the following problems?**

	Not at all (0)	Several days (1)	More than half the days (2)	Nearly every day (3)
1. Little interest or pleasure in doing things.				
2. Feeling down, depressed, or hopeless.				
3. Trouble falling or staying asleep, or sleeping too much.				
4. Feeling tired or having little energy.				
5. Poor appetite or overeating.				
6. Feeling bad about yourself – or that you are a failure or have let yourself or your family down.				
7. Trouble concentrating on things, such as reading the newspaper or watching television.				
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.				
9. Thoughts that you would be better off dead or of hurting yourself in some way.				
<b>Please subtotal each column.</b>				
<b>Then add columns 1, 2, &amp; 3 for <i>Total Score = ____ / 27</i></b>				

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**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 difficult at all

Somewhat difficult

Very difficult

Extremely difficult

Continued



## SCORING THE PHQ-9

### Depression Severity

<u>PHQ-9 Score</u>	<u>Depression Severity Category</u>
20 – 27	Severe
15 – 19	Moderately severe
10 – 14	Moderate
5 – 9	Mild (or good treatment response)
0 – 4	None (or remission)

### Diagnostic Criteria for Depression

- Major Depression
  - Score of 2 or 3 (shaded areas) for EITHER of first two questions **AND**
  - At least 5 symptoms
  - For the past 2 weeks
  - Total score of  $\geq 10$  indicates a high likelihood of major depression
- Minor Depression
  - Score of 2 or 3 (shaded areas) for EITHER of first two questions **AND**
  - 2-4 other symptoms with a score of 2 or 3 (shaded areas)
  - For the past 2 weeks
- Dysthymia
  - Score of 2 or 3 (shaded areas) for question #2 (depressed mood)
  - At least 2 other symptoms (NOT including question #1, anhedonia)
  - For at least 2 years