

Patient Health Questionnaire -9

(PHQ-9)

Over the last 2 weeks, how often have you been bothered by any of the following problems? <i>(Use √ to indicate your answer)</i>	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
<i>For office coding</i> 0 + _____ + _____ + _____ + _____				

= Total Score: _____

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 <input type="checkbox"/>	Somewhat difficult <input type="checkbox"/>	Very difficult <input type="checkbox"/>	Extremely difficult <input type="checkbox"/>
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Scoring instructions

Initial Diagnosis:

1. Patient completes PHQ -9
2. If there are at least 4 ✓s in the shaded section, consider a depressive disorder.

Consider Major Depressive Disorder:

- If there are at least 5 ✓s in the shaded area (one of which corresponds to Question # 1 or Question #2).

Consider Other Depressive Disorder:

- If there are 2-4 ✓s in the shaded area (one of which corresponds to Question # 1 or Question #2).

Note: Diagnoses of Major Depressive Disorder or Other Depressive Disorder also require impairment of social, occupational, or other important areas of functioning (Question # 10) and ruling out normal bereavement, a history of Manic Episode (Bipolar Disorder), and a physical disorder, medication, or other drug as the biological cause of the depressive symptoms.

Scoring: Add up all checked boxes on PHQ-9

Interpretation of Total Score:

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