

PHQ – 9 - Adult Depression

Instructions

Patient Name:

Date:

Over the last two weeks, how often have you been bothered by the following problems?

Items:		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 you or your family down	0	1	2	3
7.	Trouble concentrating on things, such as reading the newspaper or watching TV	0	1	2	3
8.	Moving or speaking so slowly that other people could have noticed or, alternatively, 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
	Totals	A	B	C	D

Grand total (A+B+C+D) =



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Scoring

PHQ-9 Depression Severity is calculated by assigning scores of 0, 1, 2, and 3, to the response categories of “not at all,” “several days,” “more than half the days,” and “nearly every day,” respectively.

Scores represent:

- 0-5 mild
- 6-10 moderate
- 11-15 moderately severe anxiety
- 15-21 severe anxiety

From the Primary Care Evaluation of Mental Disorders Patient Health Questionnaire (PRIME-MD PHQ). The PHQ was developed by Drs. Robert L. Spitzer, Janet B.W. Williams, Kurt Kroenke and colleagues. For research information, contact Dr. Spitzer at rls8@columbia.edu. PRIME-MD® is a trademark of Pfizer Inc. Copyright© 1999 Pfizer Inc.