

PHQ-9

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

		Not at all	A little of the time	More than half the time	Nearly all the time
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

Column Totals _____ + _____ + _____ + _____

= Total Score _____

Scoring Notes

Scores Represent:

0-5 = mild depression

6-10 = moderate depression

11-15 = moderately severe depression

16-20 = severe depression