

## Depression - PHQ-9

To monitor severity over time for newly-diagnosed patients,  
Or for patients currently being treated for depression

1. Little interest or pleasure in doing things:

Not at all (0 points)	Several days (1 point)	MORE THAN HALF THE DAYS (2 points)	NEARLY EVERY DAY (3 points)
--------------------------	---------------------------	---------------------------------------	--------------------------------

2. Feeling down, depressed, or hopeless:

Not at all (0 points)	Several days (1 point)	MORE THAN HALF THE DAYS (2 points)	NEARLY EVERY DAY (3 points)
--------------------------	---------------------------	---------------------------------------	--------------------------------

3. Trouble falling/staying asleep, sleeping too much:

Not at all (0 points)	Several days (1 point)	MORE THAN HALF THE DAYS (2 points)	NEARLY EVERY DAY (3 points)
--------------------------	---------------------------	---------------------------------------	--------------------------------

4. Feeling tired or having little energy:

Not at all (0 points)	Several days (1 point)	MORE THAN HALF THE DAYS (2 points)	NEARLY EVERY DAY (3 points)
--------------------------	---------------------------	---------------------------------------	--------------------------------

5. Poor appetite or overeating:

Not at all (0 points)	Several days (1 point)	MORE THAN HALF THE DAYS (2 points)	NEARLY EVERY DAY (3 points)
--------------------------	---------------------------	---------------------------------------	--------------------------------

6. Feeling bad about yourself - or that you are a failure or have let yourself or your family down:

Not at all (0 points)	Several days (1 point)	MORE THAN HALF THE DAYS (2 points)	NEARLY EVERY DAY (3 points)
--------------------------	---------------------------	---------------------------------------	--------------------------------

7. Trouble concentrating on things, such as reading the newspaper or watching television:

Not at all (0 points)	Several days (1 point)	MORE THAN HALF THE DAYS (2 points)	NEARLY EVERY DAY (3 points)
--------------------------	---------------------------	---------------------------------------	--------------------------------

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:

Not at all (0 points)	Several days (1 point)	MORE THAN HALF THE DAYS (2 points)	NEARLY EVERY DAY (3 points)
--------------------------	---------------------------	---------------------------------------	--------------------------------

9. Thoughts that you would be better off dead or of hurting yourself in some way:

Not at all (0 points)	Several days (1 point)	MORE THAN HALF THE DAYS (2 points)	NEARLY EVERY DAY (3 points)
--------------------------	---------------------------	---------------------------------------	--------------------------------

<p><b>TOTAL SCORE:</b> _____</p>	<p><b>For initial diagnosis consider a depressive disorder:</b> if there are at least 4 checks in "more than half the days" (2 points) to "nearly every day" (3 points) (including Questions #1 and #2) or "several days to nearly every day" (1-3 points) for question #9.</p>
<p><b>INTERPRETATION:</b> _____</p>	<p><b>Consider Major Depressive Disorder:</b> if there are at least 5 checks as above (one of which corresponds to Question #1 or #2).  <b>Consider Other Depressive Disorder:</b> if there are 2-4 checks as above (one of which corresponds to Question #1 or #2)</p>