

Patient Health Questionnaire (PHQ-9)

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

1. Little interest or pleasure in doing things?

Not at all
Several days
More than half the days
Nearly every day

2. Feeling down, depressed, or hopeless?

Not at all
Several days
More than half the days
Nearly every day

3. Trouble falling or staying asleep, or sleeping too much?

Not at all
Several days
More than half the days
Nearly every day

4. Feeling tired or having little energy?

Not at all
Several days
More than half the days
Nearly every day

5. Poor appetite or overeating?

Not at all
Several days
More than half the days
Nearly every day

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

Not at all
Several days
More than half the days
Nearly every day

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

Not at all
Several days
More than half the days
Nearly every day

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
Several days
More than half the days
Nearly every day

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

Not at all
Several days
More than half the days
Nearly every day

Total = /27

Key: not at all=0, several days=1, more than half the days=2, nearly every day=3
Depression Severity: 0-4 none, 5-9 mild, 10-14 moderate, 15-19 moderately severe, 20-27 severe.

If your score is >10, you could benefit from psychological help.

Further reading & references

1. [Kroenke K, Spitzer RL, Williams JB](#); The PHQ-9: validity of a brief depression severity measure. *J Gen Intern Med*. 2001 Sep;16(9):606-13.
2. [Cameron IM, Crawford JR, Lawton K, et al](#); Psychometric comparison of PHQ-9 and HADS for measuring depression severity in primary care. *Br J Gen Pract*. 2008 Jan;58(546):32-6. doi: 10.3399/bjgp08X263794.
3. [Haddad M, Walters P, Phillips R, et al](#); Detecting depression in patients with coronary heart disease: a diagnostic evaluation of the PHQ-9 and HADS-D in primary care, findings from the UPBEAT-UK study. *PLoS One*. 2013 Oct 10;8(10):e78493. doi: 10.1371/journal.pone.0078493.
4. [de Man-van Ginkel JM, Gooskens F, Schepers VP, et al](#); Screening for poststroke depression using the patient health questionnaire. *Nurs Res*. 2012 Sep-Oct;61(5):333-41.
5. [Maurer DM](#); Screening for depression. *Am Fam Physician*. 2012 Jan 15;85(2):139-44.
6. [Pinto-Meza A, Serrano-Blanco A, Penarrubia MT, et al](#); Assessing depression in primary care with the PHQ-9: can it be carried out over the telephone? *J Gen Intern Med*. 2005 Aug;20(8):738-42.