


# PATIENT HEALTH QUESTIONNAIRE (PHQ-9)

Patient's Name (*Print*): \_\_\_\_\_ Date: \_\_\_\_\_

Over the last 2 weeks, how often have you been bothered by any of the following issues?  
(Please answer all numbered questions. Use an "X" to indicate your answers.)

	Not at all (0)	Several Days (1)	More than half the days (2)	Nearly every day (3)			
1. Little interest or pleasure in doing things							
2. Feeling down, depressed, or hopeless							
3. Troubled falling or staying asleep							
4. Feeling tired or having little energy							
5. Poor appetite or overeating							
6. Feeling bad about yourself – or that you are a failure or have let yourself or your family down							
7. Trouble concentrating on things, such as reading the newspaper or watching television							
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							
9. Thoughts that you would be better off dead, or of hurting yourself							
	Office Use only  →	<b>Add columns</b>					
		+		+			
		x 1 =		x 2 =		x 3 =	
		<b>Total</b>					
<b>TOTAL</b>							
10. If you made an "X" for any of the above issues, how difficult have these issues made it for you to do your work, take care of things at home, or get along with other people?	Not difficult at all						
	Somewhat difficult						
	Very difficult						
	Extremely difficult						

## PHQ-9\* Questionnaire for Depression Scoring and Interpretation Guide

### For physician use only

#### Scoring:

Count the number (#) of boxes checked in a column. Multiply that number by the value indicated below, then add the subtotal to produce a total score. The possible range is 0-27. Use the table below to interpret the PHQ-9 score.

Not at all (#) \_\_\_\_\_ x 0 = \_\_\_\_\_  
Several days (#) \_\_\_\_\_ x 1 = \_\_\_\_\_  
More than half the days (#) \_\_\_\_\_ x 2 = \_\_\_\_\_  
Nearly every day (#) \_\_\_\_\_ x 3 = \_\_\_\_\_

**Total score:** \_\_\_\_\_

#### Interpreting PHQ-9 Scores

Diagnosis	Total Score	For Score	Action
Minimal depression	0-4	≤ 4	The score suggests the patient may not need depression treatment
Mild depression	5-9	5 - 14	Physician uses clinical judgment about treatment, based on patient's duration of symptoms and functional impairment
Moderate depression	10-14		
Moderately severe depression	15-19	> 14	Warrants treatment for depression, using antidepressant, psychotherapy and/or a combination of treatment.
Severe depression	20-27		

\* The PHQ-9 is described in more detail at the Pfizer website: <http://www.phqscreeners.com/>