

The APA is offering a number of “emerging measures” for further research and clinical evaluation. These patient assessment measures were developed to be administered at the initial patient interview and to monitor treatment progress. They should be used in research and evaluation as potentially useful tools to enhance clinical decision-making and not as the sole basis for making a clinical diagnosis. Instructions, scoring information, and interpretation guidelines are provided; further background information can be found in DSM-5-TR. The APA requests that clinicians and researchers provide further data on the instruments’ usefulness in characterizing patient status and improving patient care at <http://www.dsm5.org/Pages/Feedback-Form.aspx>.

**Measure:** Severity Measure for Depression—Child Age 11–17 (adapted from PHQ-9 modified for Adolescents [PHQ-A])

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# Severity Measure for Depression—Child Age 11–17\*

\*PHQ-9 modified for Adolescents (PHQ-A)—Adapted

Name: \_\_\_\_\_

Age: \_\_\_\_\_

Date: \_\_\_\_\_

**Instructions:** How often have you been bothered by each of the following symptoms during the past **7 days**? For each symptom put an **"X"** in the box beneath the answer that best describes how you have been feeling.

|   |   |                   |                     |                                |                         | Clinician Use |
|---|---|-------------------|---------------------|--------------------------------|-------------------------|---------------|
|   |   |                   |                     |                                |                         | Item score    |
|   |   | (0)<br>Not at all | (1)<br>Several days | (2)<br>More than half the days | (3)<br>Nearly every day |               |
| 1.  | Feeling down, depressed, irritable, or hopeless?  |                   |                     |                                |                         |               |
| 2.  | Little interest or pleasure in doing things?  |                   |                     |                                |                         |               |
| 3.  | Trouble falling asleep, staying asleep, or sleeping too much?   |                   |                     |                                |                         |               |
| 4.  | Poor appetite, weight loss, or overeating?  |                   |                     |                                |                         |               |
| 5.  | Feeling tired, or having little energy?   |                   |                     |                                |                         |               |
| 6.  | Feeling bad about yourself—or feeling that you are a failure, or that you have let yourself or your family down?  |                   |                     |                                |                         |               |
| 7.  | Trouble concentrating on things like school work, reading, or watching TV?  |                   |                     |                                |                         |               |
| 8.  | Moving or speaking so slowly that other people could have noticed?<br><br>Or the opposite—being so fidgety or restless that you were moving around a lot more than usual? |                   |                     |                                |                         |               |
| 9.  | Thoughts that you would be better off dead, or of hurting yourself in some way?   |                   |                     |                                |                         |               |
| <b>Total/Partial Raw Score:</b>                                 |   |                   |                     |                                |                         |               |
| <b>Prorated Total Raw Score: (if 1-2 items left unanswered)</b> |   |                   |                     |                                |                         |               |

Modified from the PHQ-A (J. Johnson, 2002) for research and evaluation purposes

### Instructions to Clinicians

The Severity Measure for Depression—Child Age 11–17 (adapted from PHQ-9 modified for Adolescents [PHQ-A]) is a 9-item measure that assesses the severity of depressive disorders and episodes (or clinically significant symptoms of depressive disorders and episodes) in children ages 11–17. The measure is completed by the child prior to a visit with the clinician. Each item asks the child to rate the severity of his or her depression symptoms **during the past 7 days**.

### Scoring and Interpretation

Each item on the measure is rated on a 4-point scale (0=Not at all; 1=Several days; 2=More than half the days; and 3=Nearly every day). The total score can range from 0 to 27, with higher scores indicating greater severity of depression. The clinician is asked to review the score of each item on the measure during the clinical interview and indicate the raw score in the section provided for “Clinician Use.” The raw scores on the 9 items should be summed to obtain a total raw score and should be interpreted using the table below:

**Interpretation Table of Total Raw Score**

| Total Raw Score | Severity of depressive disorder or episode |
|-----------------|--|
| 0-4             | None                                       |
| 5-9             | Mild                                       |
| 10-14           | Moderate                                   |
| 15-19           | Moderately severe                          |
| 20-27           | Severe                                     |

**Note:** If 3 or more items are left unanswered, the total raw score on the measure should not be used. Therefore, the child should be encouraged to complete all of the items on the measure. If 1 or 2 items are left unanswered, you are asked to calculate a prorated score. The prorated score is calculated by summing the scores of items that were answered to get a partial raw score. Multiply the partial raw score by the total number of items on the PHQ-9 modified for Adolescents (PHQ-A)—Modified (i.e., 9) and divide the value by the number of items that were actually answered (i.e., 7 or 8). The formula to prorate the partial raw score to Total Raw Score is:

$$\frac{\text{(Raw sum x 9)}}{\text{Number of items that were actually answered}}$$

If the result is a fraction, round to the nearest whole number.

### Frequency of Use

To track changes in the severity of the child’s depression over time, the measure may be completed at regular intervals as clinically indicated, depending on the stability of the child’s symptoms and treatment status. Consistently high scores on a particular domain may indicate significant and problematic areas for the child that might warrant further assessment, treatment, and follow-up. Your clinical judgment should guide your decision.