

PHQ-9: Validated Screening Tool for Depression

Over the last two weeks, how often have you been bothered by any of the following problems?	Date:
Little interest or pleasure in doing things	Not at all - 0 Several Days - 1 More than half the days - 2 Nearly every day - 3
Feeling down, depressed, or hopeless	Not at all - 0 Several Days - 1 More than half the days - 2 Nearly every day - 3
Trouble falling or staying asleep, or sleeping too much	Not at all - 0 Several Days - 1 More than half the days - 2 Nearly every day - 3
Feeling tired or having little energy	Not at all - 0 Several Days - 1 More than half the days - 2 Nearly every day - 3
Poor appetite or overeating	Not at all - 0 Several Days - 1 More than half the days - 2 Nearly every day - 3
Feeling bad about yourself, or that you are a failure, or have let yourself or your family down	Not at all - 0 Several Days - 1 More than half the days - 2 Nearly every day - 3
Trouble concentrating on things, such as reading the newspaper or watching television	Not at all - 0 Several Days - 1 More than half the days - 2 Nearly every day - 3
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 Several Days - 1 More than half the days - 2 Nearly every day - 3
Thoughts that you would be better off dead or of hurting yourself in some way	Not at all - 0 Several Days - 1 More than half the days - 2 Nearly every day - 3
Total ____ =	
PHQ-9 Score ≥ 10: Likely major depression in the general population. In a patient with serious illness, a lower threshold for treatment (PHQ-9 Score ≥ 6) is appropriate.	