PHQ-9: Validated Screening Tool for Depression

<table>
<thead>
<tr>
<th>Over the last two weeks, how often have you been bothered by any of the following problems?</th>
<th>Date:</th>
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</thead>
</table>
| 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.

Developed by Drs. Robert L. Spitzer, Janet B.W. Williams, Kurt Kroenke and colleagues, with an educational grant from Pfizer Inc. No permission required to reproduce, translate, display or distribute.