

TABLE 1. PATIENT HEALTH QUESTIONNAIRE (PHQ-9)*

Over the last 2 weeks, how often have you been bothered by any of the following problems?
(use "✓" to indicate your answer)

	Not at all	Several days	More than half the days	Nearly every day
1. Little interest or pleasure in doing things	0	1	2	3
2. Feeling down, depressed, or hopeless	0	1	2	3
3. Trouble falling or staying asleep, or sleeping too much	0	1	2	3
4. Feeling tired or having little energy	0	1	2	3
5. Poor appetite or overeating	0	1	2	3
6. Feeling bad about yourself — or that you are a failure or have let yourself or your family down	0	1	2	3
7. Trouble concentrating on things, such as reading the newspaper or watching television	0	1	2	3
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	0	1	2	3
9. Thoughts that you would be better off dead, or of hurting yourself in some way	0	1	2	3

add columns: + +

(Health care professional: For interpretation of TOTAL please refer to scoring card below)

TOTAL:

10. If you checked off any problems, how difficult have these problems 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 _____

<p>*PHQ-9 QUICK DEPRESSION ASSESSMENT</p> <p>For initial diagnosis:</p> <ol style="list-style-type: none"> 1. Patient completes PHQ-9 Quick Depression Assessment. 2. If there are at least 4 ✓s in the shaded section (including Questions #1 or #2), consider a depressive disorder. Add score to determine severity. 3. Consider Major Depressive Disorder if there are at least 5 ✓s in the shaded section (1 of which corresponds to Question #1 or #2). <p>Consider Other Depressive Disorder if there are 2–4 ✓s in the shaded section (1 of which corresponds to Question #1 or #2).</p> <p>Note: Since the questionnaire relies on patient self-report, all responses should be verified by the clinician. A definitive diagnosis is made on clinical grounds taking into account how well the patient understood the questionnaire, as well as other relevant information from the patient. Diagnoses of major depressive disorder or other depressive disorder also require impairment of social, occupational, or other important areas of functioning (Question #10) and ruling</p>	<p>out normal bereavement, a history of a manic episode (bipolar disorder), and a physical disorder, medication, or other drug as the biological cause of the depressive symptoms.</p> <p>To monitor severity over time for newly diagnosed patients or patients in current treatment for depression:</p> <ol style="list-style-type: none"> 1. Patients may complete questionnaires at baseline and at regular intervals (e.g., every 2 weeks) at home and bring them in at their next appointment for scoring, or they may complete the questionnaire during each scheduled appointment. 2. Add up ✓s by column. For every ✓: "Several days" = 1; "More than half the days" = 2; "Nearly every day" = 3. 3. Add together column scores to get a TOTAL score. 4. Refer to the PHQ-9 Scoring Card (at right) to interpret the TOTAL score. 5. Results may be included in patients' files to assist you in setting up a treatment goal, determining degree of response, as well as guiding treatment intervention. 	<p>PHQ-9 SCORING CARD FOR SEVERITY DETERMINATION <i>for health professional use only</i></p> <p>Scoring — add up all checked boxes on PHQ-9</p> <p>For every ✓: Not at all = 0; Several days = 1; More than half the days = 2; Nearly every day = 3.</p> <p>Interpretation of Total Score</p> <table border="1"> <thead> <tr> <th>Total Score</th> <th>Depression Severity</th> </tr> </thead> <tbody> <tr> <td>1–4</td> <td>Minimal depression</td> </tr> <tr> <td>5–9</td> <td>Mild depression</td> </tr> <tr> <td>10–14</td> <td>Moderate depression</td> </tr> <tr> <td>15–19</td> <td>Moderately severe depression</td> </tr> <tr> <td>20–27</td> <td>Severe depression</td> </tr> </tbody> </table> <p>This PHQ-9 questionnaire is also available at www.depression-primarycare.org/clinicians/toolkits/materials/forms/phq9/</p> <p><small>*Reprinted with permission from Spitzer RL, Kroenke K, Williams JBW, and the Patient Health Questionnaire Primary Care Study Group. Validation and utility of a self-report version of PRIME-MD: the PHQ primary care study. JAMA. 1999;282:1737-1744. PRIME-MD PHQ-9. Copyright © 1999 Pfizer Inc.</small></p>	Total Score	Depression Severity	1–4	Minimal depression	5–9	Mild depression	10–14	Moderate depression	15–19	Moderately severe depression	20–27	Severe depression
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