

personal health questionnaire: phq-9

PHQ-9	<i>Over the last 2 weeks (or other agreed time period) how often have you been bothered by any of the following problems?</i>	<i>not at all</i>	<i>several days</i>	<i>more than half the days</i>	<i>nearly every day</i>
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
	<i>PHQ-9 total score =</i>				

When scoring the PHQ-9, scores of 5, 10, 15, and 20 are typically taken as the cutpoints for mild, moderate, moderately severe and severe depression, respectively. Suggested responses are 0 to 4 – none; 5 to 9 – watchful waiting, repeat PHQ-9 at follow-up; 10 to 14 – consider whether to use counselling/psychotherapy and/or antidepressants; 15 to 19 – active treatment with psychotherapy and/or antidepressants; 20 to 27 – immediate initiation of antidepressants and consider referral for specialist help with psychotherapy/management.

Note a diagnosis of "major depressive episode" requires that questions 1 or 2 and five or more of questions 3 to 9 are scored at "more than half the days" or "nearly every day" (question 9 is counted if present at all).