



## PATIENT HEALTH QUESTIONNAIRE-9 (PHQ- 9)

The Patient Health Questionnaire (PHQ) is an instrument for making criteria-based diagnoses of depressive and other mental disorders commonly encountered in primary care. At 9 items, the PHQ depression scale (which is termed the PHQ-9) is half the length of many other depression measures, has comparable sensitivity and specificity, and consists of the actual 9 criteria upon which the diagnosis of DSM-IV depressive disorders is based.

Over the **last two weeks**, how often have you been bothered by the following problems?

Over the <b>last two weeks</b> , how often have you been bothered by the following problems?	
1. Little interest or pleasure in doing things	
2. Feeling down, depressed, or hopeless	
3. Trouble falling or staying asleep, or sleeping too much	
4. Feeling tired or having little energy	
5. Poor appetite or overeating	
6. Feeling bad about yourself — or that you are a failure or have let yourself or your family down	
7. Trouble concentrating on things, such as reading the newspaper or watching television	
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	
9. Thoughts that you would be better off dead or of hurting yourself in some way	
<b>Total Score</b>	



## PHQ- 9 Scoring

This is calculated by assigning scores of 0, 1, 2, and 3 to the response categories, respectively, of “not at all,” “several days,” “more than half the days,” and “nearly every day.” PHQ-9 total score for the nine items with a total score out of 27.

**0–4:** none

**5–9:** mild

**10–14:** moderate

**15–19:** moderately severe

**20-27** severe

### Total PHQ-9 Score

**Source:** Primary Care Evaluation of Mental Disorders Patient Health Questionnaire (PRIME-MD-PHQ). The PHQ was developed by Drs. Robert L. Spitzer, Janet B.W. Williams, Kurt Kroenke, and colleagues.

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## References and Further Reading

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