

Patient Health Questionnaire-9 (PHQ-9)

Over the past two weeks, how often have you been bothered by any of the following problems?

	Not at all	Several days	Over half the days	Nearly every day
1. Having little interest or pleasure in doing things	X	X	X	X
2. Feeling down, depressed or hopeless	X	X	X	X
3. Having trouble falling or staying asleep, or sleeping too much	X	X	X	X
4. Feeling tired or having little energy	X	X	X	X
5. Having a poor appetite or overeating	X	X	X	X
6. Feeling bad about yourself — or that you are a failure or let family down	X	X	X	X
7. Having trouble concentrating on things such as reading or watching TV	X	X	X	X
8. Moving or speaking so slowly that other people could have noticed? Or the opposite — being fidgety or restless that are moving around more than usual				
9. Having thoughts that you would be better off dead or hurting yourself in some way				

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TOTAL SCORE =

If you checked off any problems, how difficult have these made it for you to do your work, take care of things at home, or get along with other people?

Not difficult at all X Somewhat difficult X Very difficult X Extremely difficult X