



## PATIENT HEALTH QUESTIONNAIRE (PHQ-9)

*Over the last two (2) weeks, how often have you been bothered by any of the following problems? (Use a check mark to indicate your answer)*

Questions	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: \_\_\_\_\_

*(Healthcare professional: for interpretation of TOTAL please refer to accompanying scoring card)*

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 _____
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PHQ-9 is adapted from PRIME MD TODAY, developed by Drs Robert L. Spitzer, Janet B.W. Williams, Kurt Kroenke, and colleagues, with an educational grant from Pfizer Inc. For research information, contact Dr. Spitzer at [ris8@columbia.edu](mailto:ris8@columbia.edu). Use of the PHQ-9 may only be made in accordance with the Terms of Use available at <http://www.pfizer.com>. Copyright 1999 Pfizer, Inc. All rights reserved. PRIME MD TODAY is a trademark of Pfizer, Inc.



**INSTRUCTIONS FOR USE**  
*for doctor or healthcare professional use only*

**PHQ-9 QUICK DEPRESSION ASSESSMENT**

For initial diagnosis:

1. Patient completes PHQ-9 Quick Depression Assessment.
2. If there are at least 4 check's in columns 3 & 4 (including Questions #1 and #2), consider a depressive disorder. Add score to determine severity.
3. Consider Major Depressive Disorder
  - If there are at least 5 checks in columns 3 & 4 (one of which corresponds to Questions #1 and #2)

Consider Other Depressive Disorder

- If there are 2 to 4 checks in Columns 3 & 4 (one of which corresponds to Questions #1 and #2)

Note: Since the questionnaire relies on patient self-report, all responses should be verified by the clinician and a definitive diagnosis 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 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.

To monitor severity over time for newly diagnosed patients or patients in current treatment for depression:

1. Patients may complete questionnaires at baseline and at regular intervals (eg, 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 checks by column. For every check: 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 accompanying PHQ-9 Scoring Card 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.

**PHQ-9 SCORING CARD FOR SEVERITY DETERMINATION**  
*for healthcare professional use only*

**Scoring – add up all checked boxes on PHQ-9**

**For every check:** Not at all = 0; Several days = 1;  
More than half the days = 2;  
Nearly every day = 3

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**Interpretation of Total Score**

<u>Total Score</u>	<u>Depressive Severity</u>
0 – 4	None
5 – 9	Mild depression
10 – 14	Moderate depression
15 – 19	Moderately severe depression
20 – 27	Severe depression