



Patient Health Questionnaire-9 (PHQ-9)

Name _____ Date _____

Over the last 2 weeks, how often have you been bothered by any of the following problems?

	0 Not at all	1 Several days	2 More than half the days	3 Nearly every day
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				

For office coding _____ + _____ + _____
= **Total Score:** _____

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



Developed by Drs. Robert L. Spitzer, Janet B.W. Williams, Kurt Kroenke and colleagues, with an educational grant from Pfizer Inc. No permission required to reproduce, translate, display or distribute. There are numerous translations of the PHQ as well as the PHQ-9 and GAD-7 available in many languages, which are freely downloadable on the PHQ website (www.pqhscreeners.com).

Clinicians: Scoring instructions are available at www.pcpcc.org/sites/default/files/resources/instructions.pdf

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