

# Patient Health Questionnaire - 9

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

**Total**

**0-4: Non-Minimal**

**5-9: Mild**

**10-14: Moderate**

**15-19: Moderately Severe**

**20-27: Severe**

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.



# Interpretation of Scores

Category	Depression Severity	Description	Score
1	None or Minimal	Your results do not suggest you are experiencing symptoms of significant depression currently. We encourage you to continue monitoring your mood and ensure that you eat well, cut back on any alcohol use, and increase your levels of physical and social activity.	0-4
2	Mild	Your results suggest that you are experiencing mild symptoms for depression. We encourage you to continue monitoring your mood and ensure that you eat well, cut back on any alcohol use, and increase your levels of physical and social activity.	5-9
3	Moderate	Depression can be treated. Talk with your doctor about your symptoms as well to address any medical concerns that might be present. He or she may also be able to provide a referral to a counselor.	10-14
4	Moderately Severe	Talk with your doctor about your symptoms and treatment options, as you may be a candidate for anti-depressant medication. If your symptoms worsen, and especially if you have thoughts of self-harm, seek professional assistance immediately. This screening is not a substitute for a clinical evaluation and cannot provide an actual diagnosis. We strongly advise that you contact a health professional for more information and a complete evaluation.	15-19
5	Severe	It is likely that depression is significantly interfering in multiple areas of your life, and you should seek professional assistance right away. Talk with your doctor about your symptoms and treatment alternatives. Seek help immediately if you are experiencing thoughts of harming yourself, which are common with depression. Remember, help is available. This screening is not a substitute for a clinical evaluation and cannot provide an actual diagnosis. We strongly advise that you contact a health professional for more information and a complete evaluation.	20-27

This screening is not a substitute for a clinical evaluation and cannot provide an actual diagnosis. If feelings persist or worsen, please consider contacting a health professional for more information and a complete evaluation.