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?

1. Little interest or pleasure in doing things

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

2. Feeling down, depressed, or hopeless

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

3. Trouble falling or staying asleep, or sleeping too much

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

4. Feeling tired or having little energy

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

5. Poor appetite or overeating

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

6. Feeling bad about yourself — or that you are a failure or have let yourself or your family down

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

7. Trouble concentrating on things, such as reading the newspaper or watching television

- [ ] Not at all 0
- [ ] Several days 1
- [ ] More than half the days 2
- [ ] Nearly every day 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

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

9. Thoughts that you would be better off dead or of hurting yourself in some way

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

Scoring

Sum of the nine item scores (0 to 3 each). Item 9 is reported separately: any answer above 0 on item 9 needs prompt clinical follow-up of suicide risk, whatever the total score.

PHQ-9 total score: _____ /27

Item 9 (thoughts of self-harm): _____ /3

Source: Kroenke, K., Spitzer, R. L., & Williams, J. B. W. (2001). The PHQ-9: Validity of a brief depression severity measure. Journal of General Internal Medicine, 16(9), 606-613.

Online calculator and more: physiotutors.com/questionnaires