

PHQ-9

Name	Date				
Over the last 2 weeks, how often have you been bothered by any of the following		Not	Several	More	Nearly
problems?			days	than	every
		all		half the	day
				days	
1. Little interest or ple	asure in doing things	0	1	2	3
2. Feeling down, depre	essed, or hopeless	0	1	2	3
3. Trouble falling or st	aying asleep, or sleeping too much	0	1	2	3
4. Feeling tired or hav	ing little energy	0	1	2	3
5. Poor appetite or ove	ereating	0	1	2	3
6. Feeling bad about y your family down	ourself—or that you are a failure or have let yourself or	0	1	2	3
•	ng on things, such as reading the newspaper or watching	0	1	2	3
	so slowly that other people could have noticed? Or the legety or restless that you have been moving around a lot	0	1	2	3
9. Thoughts that you v	would be better off dead or of hurting yourself in some way	0	1	2	3
	(For office coding: Total S	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

From the Primary Care Evaluation of Mental Disorders Patient Health Questionnaire (PRIME-MD PHQ). The PHQ was developed by Drs. Robert L. Spitzer, Janet BW Williams, Kurt Kroenke, and colleagues. For research information, contact Dr. Spitzer at ude.aibmuloc@8slr. PRIME-MD is a trademark of Pfizer Inc. Copyright 1999 Pfizer Inc. All rights reserved. Reproduced with permission