



# Center for Adult & Geriatric Psychiatry

## PATIENT HEALTH QUESTIONNAIRE (PHQ-9)

NAME: \_\_\_\_\_

DATE: \_\_\_\_\_

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

(use “✓” to indicate your answer)

	Not at all	Several days	More than half the days	Nearly every day
a. Little interest or pleasure in doing things	0	1	2	3
b. Feeling down, depressed, or hopeless	0	1	2	3
c. Trouble falling or staying asleep, or sleeping too much	0	1	2	3
d. Feeling tired or having little energy	0	1	2	3
e. Poor appetite or overeating	0	1	2	3
f. Feeling bad about yourself — or that you are a failure or have let yourself or your family down	0	1	2	3
g. Trouble concentrating on things, such as reading the newspaper or watching television	0	1	2	3
h. 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
i. 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:**

2. 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 \_\_\_\_\_

PHQ-9 is adapted from PRIMEMD 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 rs8@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.

# How to Score PHQ-9

## Scoring Method For Diagnosis

### Major Depressive Syndrome is suggested if:

- Of the 9 items, 5 or more are circled as at least "More than half the days"
- Either item 1a or 1b is positive, that is, at least "More than half the days"

### Minor Depressive Syndrome is suggested if:

- Of the 9 items, b, c, or d are circled as at least "More than half the days"
- Either item 1a or 1b is positive, that is, at least "More than half the days"

## Scoring Method For Planning And Monitoring Treatment

### **Question One:**

To score the first question, tally each response by the number value of each response:

Not at all = 0

Several days = 1

More than half the days = 2

Nearly every day = 3

- Add the numbers together to total the score.
- Interpret the score by using the guide listed below:

Score	Action
≤ 4	The score suggests the patient may not need depression treatment.
> 5-14	Physician uses judgment about based on patient's duration of symptoms and functional impairment
≥ 15	Warrants treatment for depression, using antidepressant, Psychotherapy and/or a combination of treatment

### Question 2:

In question two the patient responses can be one of four: not difficult at all, somewhat difficult, very difficult, extremely difficult. The last two responses suggest that the patient's functionality is impaired. After treatment begins, the functional status is again measured to see if the patient is improving.