

PATIENT HEALTH QUESTIONNAIRE-9 (PHQ-9)

Over the last 2 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 tv	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

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= 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

PHQ-9 Questionnaire for Depression Scoring and Interpretation Guide For Physician use only

Scoring:

Count the number (#) of boxes checked in a column, multiply that number by the value indicated below, then add the subtotal to produce a total score. The possible range is 0-27. Use the table below to interpret the PHQ-9 score.

Not at all	(#) ____ x 0= ____
Several days	(#) ____ x 1= ____
More than half the days	(#) ____ x 2= ____
Nearly every day	(#) ____ x 3= ____
Total score:	_____

Interpreting PHQ-9 Scores		Actions Based on PHQ-9 Score	
		<u>Score</u>	<u>Action</u>
Minimal depression	0-4	<4	The score suggests the patient may not need depression treatment
Mild depression	5-9		
Moderate depression	10-14	>5-14	Physician uses clinical judgment about treatment, based on patient's duration of symptoms and functional impairment
Severe depression	20-27	>15	Warrants treatment for depression, using antidepressant, psychotherapy and/or a combination treatment.