

# PHQ-9: Patient Health Questionnaire for Depression

## Instructions

This self-assessment is designed to help identify the presence and severity of depressive symptoms.

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

## Scoring

Total your scores from all 9 items

Total Score:

## Interpretation

- 0-4 → No or minimal depression
- 5-9 → Mild depression
- 10-14 → Moderate depression
- 15-19 → Moderate-severe depression
- 20-27 → Severe depression

A cut-off score of 10 correctly identifies 88% of adults with depression and 88% without.

Source: <https://pmc.ncbi.nlm.nih.gov/articles/PMC1495268/>

While these scores may suggest the possibility of depression, it's important to note that this is not a definitive diagnosis. Only a qualified healthcare professional can diagnose depression after a comprehensive evaluation.

*The PHQ-9 was developed by Pfizer*