

Depression - PHQ-9

To monitor severity over time for newly-diagnosed patients,
Or for patients currently being treated for depression

1. Little interest or pleasure in doing things:

Not at all (0 points)	Several days (1 point)	MORE THAN HALF THE DAYS (2 points)	NEARLY EVERY DAY (3 points)
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2. Feeling down, depressed, or hopeless:

Not at all (0 points)	Several days (1 point)	MORE THAN HALF THE DAYS (2 points)	NEARLY EVERY DAY (3 points)
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3. Trouble falling/staying asleep, sleeping too much:

Not at all (0 points)	Several days (1 point)	MORE THAN HALF THE DAYS (2 points)	NEARLY EVERY DAY (3 points)
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4. Feeling tired or having little energy:

Not at all (0 points)	Several days (1 point)	MORE THAN HALF THE DAYS (2 points)	NEARLY EVERY DAY (3 points)
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5. Poor appetite or overeating:

Not at all (0 points)	Several days (1 point)	MORE THAN HALF THE DAYS (2 points)	NEARLY EVERY DAY (3 points)
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6. Feeling bad about yourself - or that you are a failure or have let yourself or your family down:

Not at all (0 points)	Several days (1 point)	MORE THAN HALF THE DAYS (2 points)	NEARLY EVERY DAY (3 points)
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7. Trouble concentrating on things, such as reading the newspaper or watching television:

Not at all (0 points)	Several days (1 point)	MORE THAN HALF THE DAYS (2 points)	NEARLY EVERY DAY (3 points)
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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 points)	Several days (1 point)	MORE THAN HALF THE DAYS (2 points)	NEARLY EVERY DAY (3 points)
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9. Thoughts that you would be better off dead or of hurting yourself in some way:

Not at all (0 points)	Several days (1 point)	MORE THAN HALF THE DAYS (2 points)	NEARLY EVERY DAY (3 points)
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<p>TOTAL SCORE: _____</p>	<p>For initial diagnosis consider a depressive disorder: if there are at least 4 checks in "more than half the days" (2 points) to "nearly every day" (3 points) (including Questions #1 and #2) or "several days to nearly every day" (1-3 points) for question #9.</p>
<p>INTERPRETATION: _____</p>	<p>Consider Major Depressive Disorder: if there are at least 5 checks as above (one of which corresponds to Question #1 or #2). Consider Other Depressive Disorder: if there are 2-4 checks as above (one of which corresponds to Question #1 or #2)</p>