## Personal Health Questionnaire: PHQ-9

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**PHQ-9**  | **Over the last 2 weeks (or other agreed time period) 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

**PHQ-9 total score =**

When scoring the PHQ-9, scores of 5, 10, 15, and 20 are typically taken as the cutpoints for mild, moderate, moderately severe and severe depression, respectively. Suggested responses are 0 to 4 – none; 5 to 9 – watchful waiting, repeat PHQ-9 at follow-up; 10 to 14 – consider whether to use counselling/psychotherapy and/or antidepressants; 15 to 19 – active treatment with psychotherapy and/or antidepressants; 20 to 27 – immediate initiation of antidepressants and consider referral for specialist help with psychotherapy/management.

Note a diagnosis of "major depressive episode“ requires that questions 1 or 2 and five or more of questions 3 to 9 are scored at "more than half the days” or “nearly every day” (question 9 is counted if present at all).