

Patient Health Questionnaire (PHQ-9)

Over the last two weeks, how often have you been bothered by any of the following problems?

Little interest or pleasure in doing things?	Not at all Several days More than half the days Nearly every day
Feeling down, depressed, or hopeless?	Not at all Several days More than half the days Nearly every day
Trouble falling or staying asleep, or sleeping too much?	Not at all Several days More than half the days Nearly every day
Feeling tired or having little energy?	Not at all Several days More than half the days Nearly every day
Poor appetite or overeating?	Not at all Several days More than half the days Nearly every day

Feeling bad about yourself - or that you are a failure or have let yourself or your family down?	Not at all Several days More than half the days Nearly every day
Trouble concentrating on things, such as reading the newspaper or watching television?	Not at all Several days More than half the days Nearly every day
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 Several days More than half the days Nearly every day
Thoughts that you would be better off dead, or of hurting yourself in some way?	Not at all Several days More than half the days Nearly every day
Total = /27	
Depression Severity: 0-4 none, 5-9 mild, 10-14 moderate, 15-19 moderately severe, 20-27 severe.	

Screening tools, such as this PHQ9, are meant to be a quick snapshot of your mental health. If your results indicate you may be experiencing symptoms of a mental illness, consider sharing your results with someone. A mental health provider (such as a doctor or a therapist) can give you a full assessment and talk to you about options for how to feel better.

This is an informational resource. If you need immediate help, you can reach the Suicide & Crisis Lifeline by calling or texting 988 or using the chat box at 988lifeline.org/chat. You can also text “MHA” to 741-741 to reach the Crisis Text Line. Warmlines are an excellent place for non-crisis support.