

PHQ-9 Depression

Over the last 2 weeks, how often have you been bothered by any of the following problems?

(Use “✓” to indicate your answer”

	Not all	at 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

Column totals

___ + ___ + ___ + ___

1. What matters most to you today?.....

2. What is an important next step (goals)?

= **Total Score** ___

3. What will help to keep you safe and who can you connect with?.....

4. How would you rate your quality of life (1 low - 10 high)?

Please email this to howickreception@outlook.com when you have completed. Thanks!

From the Primary Care Evaluation of Mental Disorders Patient Health Questionnaire (PRIME-MD PHQ). The PHQ was developed by Drs. Robert L. Spitzer, Janet B.W. Williams, Kurt Kroenke and colleagues. For research information, contact Dr. Spitzer at rls8@columbia.edu. PRIME-MD® is a trademark of Pfizer Inc. Copyright© 1999 Pfizer Inc. All rights reserved. Reproduced with permission

Scoring notes.

- **PHQ-9 Depression Severity**

Scores represent: **0-5 = mild 6-10 = moderate 11-15 = moderately severe
16-20 = severe depression**

- **GAD-7 Anxiety Severity.**

This is calculated by assigning scores of 0, 1, 2, and 3, to the response categories of “not at all,” “several days,” “more than half the days,” and “nearly every day,” respectively. GAD-7 total score for the seven items ranges from 0 to 21.

Scores represent: **0-5 mild 6-10 moderate 11-15 moderately severe anxiety
15-21 severe anxiety.**