

Name: _____

Date: _____

Personal Health Questionnaire

1. Over the last 2 weeks, how often have you been bothered by any of the following problems? Read each item carefully, and choose your response.

a. Little interest or pleasure in doing things

- 0 Not at all
- 1 Several days
- 2 More than half the days
- 3 Nearly every day

b. Feeling down, depressed or hopeless

- 0 Not at all
- 1 Several days
- 2 More than half the days
- 3 Nearly every day

c. Trouble falling asleep, staying asleep, or sleeping too much

- 0 Not at all
- 1 Several days
- 2 More than half the days
- 3 Nearly every day

d. Feeling tired or having little energy

- 0 Not at all
- 1 Several days
- 2 More than half the days
- 3 Nearly every day

e. Poor appetite or overeating

- 0 Not at all
- 1 Several days
- 2 More than half the days
- 3 Nearly every day

f. Feeling bad about yourself, feeling that you are a failure, or feeling that you let yourself or your family down

- 0 Not at all
- 1 Several days
- 2 More than half the days
- 3 Nearly every day

g. Trouble concentrating on things such as reading the newspaper or watching television

- 0 Not at all
- 1 Several days
- 2 More than half the days
- 3 Nearly every day

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- h. Moving or speaking so slowly that other people could have noticed. Or being so fidgety or restless that you have been moving around a lot more than usual

- 0 Not at all
 1 Several days
 2 More than half the days
 3 Nearly every day

- i. Thinking that you would be better off dead or that you want to hurt yourself in some way

- 0 Not at all
 1 Several days
 2 More than half the days
 3 Nearly every day

2. If you checked off any problem on this questionnaire so far, how difficult have these problems made it for you to do your work, take care of things at home, or get along with other people?

- 0 Not difficult at all
 1 Somewhat difficult
 2 Very difficult
 3 Extremely difficult

PHQ-9 SCORING

Question One

<4 The score suggests the patient may not need depression treatment.

> 5-14 Physician uses clinical judgment about treatment, based on patient's duration of symptoms and functional impairment.

>15 Warrants treatment for depression, using antidepressant, psychotherapy and/or a combination of treatment

Question Two

Patient responses very difficult or extremely difficult suggest that the patient's functionality is impaired.