

PHQ-9 Patient Health Questionnaire

Nine-item depression severity measure · self-administered · clinician-scored

Patient

Date

Over the last 2 weeks, 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	☐	☐	☐	☐
2 Feeling down, depressed, or hopeless	☐	☐	☐	☐
3 Trouble falling or staying asleep, or sleeping too much	☐	☐	☐	☐
4 Feeling tired or having little energy	☐	☐	☐	☐
5 Poor appetite or overeating	☐	☐	☐	☐
6 Feeling bad about yourself — or that you are a failure or have let yourself or your family down	☐	☐	☐	☐
7 Trouble concentrating on things, such as reading the newspaper or watching television	☐	☐	☐	☐
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	☐	☐	☐	☐
9 Thoughts that you would be better off dead, or of hurting yourself	☐	☐	☐	☐

Any response above “Not at all” warrants immediate risk assessment, independent of the total score.

TOTAL SCORE

Maximum possible score 27

INTERPRETATION

0–4

Minimal depression

5–9

Mild depression

10–14

Moderate depression

15–19

Moderately severe depression

20–27

Severe depression

10. If you checked off any problems, 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?

☐ Not difficult at all

☐ Somewhat difficult

☐ Very difficult

☐ Extremely difficult

Scoring. Not at all = 0, Several days = 1, More than half the days = 2, Nearly every day = 3. Sum all nine items. Question 10 measures functional impairment and does not contribute to the total.

Diagnostic use. Consider major depressive disorder when five or more items are endorsed at “More than half the days” or above, one of which is item 1 or item 2. Consider other depressive disorder when two to four items are endorsed at that level, one of which is item 1 or item 2. Item 9 counts if endorsed at all. A diagnosis also requires functional impairment and the exclusion of normal bereavement, a history of manic episode, and a physical cause.

Documentation. Record the administration date, the item-level responses, the total, and the clinical action taken. A score recorded without an interpretation or a plan is the most common reason screening fails a payer review.