

Name \_\_\_\_\_ 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	⓪	⓪	⓪	⓪
2. Feeling down, depressed, or hopeless	⓪	⓪	⓪	⓪
3. Trouble falling or staying asleep, or sleeping too much	⓪	⓪	⓪	⓪
4. Feeling tired or having little energy	⓪	⓪	⓪	⓪
5. Poor appetite or overeating	⓪	⓪	⓪	⓪
6. Feeling bad about yourself - or that you are a failure or have let yourself or your family down	⓪	⓪	⓪	⓪
7. Trouble concentrating on things, such as reading the newspaper or watching television	⓪	⓪	⓪	⓪
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	⓪	⓪	⓪
9. Thoughts that you would be better off dead or of hurting yourself in some way	⓪	⓪	⓪	⓪

**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?**

Sum the circled items. Total Range: 0 - 27. Normal = 0 - 5. Mild depression = 6 - 9. Moderate depression = 10 - 15. Severe depression = 16 - 20. Major depression: scores 2 or 3 on 5 items, one of which must be (1) or (2).

**Not difficult at all**

**Somewhat difficult**

**Very difficult**

**Extremely difficult**

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\* 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.

Kroenke et al. (2001) tested the validity and performance characteristics of the PHQ-9 among 3000 primary care patients in comparison to an independent structured mental health interview, and reported a sensitivity and specificity of 88% and 88% for major depression using a cut-off score of 10.