PHQ-9

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

(Write the number according to your answer in the blank box Tally all answers for your final score.)

1. Little interest or pleasure in doing things (0) Not at All	7. Trouble concentrating on things, such as reading the newspaper or watching TV
(1) Several Days	(0) Not at All
(2) More than Half the Days	(1) Several Days
(3) Nearly Every Day	(2) More than Half the Days
(3) Incarry Every Day	(3) Nearly Every Day
2. Feeling down, depressed or hopeless	(3) Nearly Every Day
	8. Moving or speaking so slowly that other
(0) Not at All	people could have noticed. Or the opposite of
(1) Several Days	being so fidgety or restless that you have been
(2) More than Half the Days	moving around a lot more than usual
(3) Nearly Every Day	
3 m 11 cm	(0) Not at All
3. Trouble falling or staying asleep, or sleeping	(1) Several Days
too much	(2) More than Half the Days
(0) Not at All	(3) Nearly Every Day
(1) Several Days	
(2) More than Half the Days	9. Thoughts that you would be better off dead or
(3) Nearly Every Day	of hurting yourself
	(0) Not at All
4. Feeling tired or having little energy	(1) Several Days
(0) Not at All	(2) More than Half the Days
(1) Several Days	(3) Nearly Every Day
(2) More than Half the Days	(b) Itearly Every Early
(3) Nearly Every Day	Score
(3) Nearly Every Day	
5. Poor appetite or over eating	
(0) Not at All	PHQ-9 Results
(1) Several Days	1-4: Minimal Depression
(2) More than Half the Days	5-9: Mild Depression
(3) Nearly Every Day	10-14: Moderate Depression
(c) Iteally Every Ear	15-19: Moderately Severe Depression
6. Feeling bad about yourself or that you are	20-21: Severe Depression
a failure or have let yourself or your family	20 21 00 00 00 00 00 00 00 00 00 00 00 00 00
down	This material was prepared by atom Alliance, the Quality Innovation Network Quality
	This material was prepared by atom Alliance, the Quality Innovation Network-Quality Improvement Organization (QIN-QIO), coordinated by Qsource for Tennessee, Kentucky, Indiana, Mississippi and Alabama, under a contract with the Centers for Medicare &
(0) Not at All	Indiana, Mississippi and Alabama, under a contract with the Centers for Medicare & Medicaid Services (CMS), a federal agency of the U.S. Department of Health and Human Services. Content does not necessarily reflect CMS policy. 16.ASG1.04.017
(1) Several Days	Quality Improvement
(2) More than Half the Days	Quality Improvement Organizations
(3) Nearly Every Day	Sharing Knowledge. Improving Health Care.