

Appendix 10 - Patient Health Questionnaire (PHQ-9)

The PHQ-9 is a multipurpose instrument for screening, diagnosing, monitoring and measuring the severity of depression: The PHQ-9 incorporates DSM-IV depression diagnostic criteria with other leading major depressive symptoms into a brief self-report tool.

Over the last 2 weeks, how often have you been bothered by any of the following problems? Use an "X" to indicate your answer)	Not at all	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	0	1	2	3

Summation: 0 + _____ + _____ + _____
= Total score: _____

If you checked off any problems, how difficult have these problems made it for you to do your work, take care of thing at home or get along with other people?			
<input type="checkbox"/> Not difficult at all	<input type="checkbox"/> Somewhat difficult	<input type="checkbox"/> Very difficult	<input type="checkbox"/> Extremely difficult

PHQ-9 Score	Provisional Diagnosis	Treatment Recommendations <i>Patient preferences should be considered.</i>
0 - 4	None to minimal	None
5 - 9	Minimal Symptoms	Support, educate and watch and to call if worse, return in one month
10 – 14	Minor depression* Dysthymia (persistent mild depression) Major depression, mild	Treatment plan, considering counseling, with follow-up and/or pharmacotherapy.
15 – 19	Major depression, moderately severe	Active treatment with pharmacotherapy and/or psychotherapy
>20	Major Depression, severe	Immediate initiation of pharmacotherapy and, if severe impairment or poor response to therapy, expedited referral to a mental health specialist for psychotherapy and/or collaborative management

If several of these symptoms apply to you more than "half the days," seek help from someone you know and trust – your psychologist, clergy, primary care physician, psychiatrist, social worker or friend. It is a grave mistake to hope and wait for these thoughts and feelings to pass. If you are having suicidal thoughts, or any thoughts of harming yourself, get help NOW. If you don't know who to call, call the National Suicide Hotline at 1-800-273-8255. They can guide you to the help you need. DON'T CONTINUE TO STRUGGLE ON YOUR OWN.