
The PHQ-9 Questionnaire

Patient Health Questionnaire (PHQ-9)

Over the last 2 weeks, how often have you been bothered by any of the following problems? Circle one number on each line.

	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 in some way	0	1	2	3

Total score: _____

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

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Reading your score

Total score	Symptom level
0–4	Minimal or none
5–9	Mild
10–14	Moderate
15–19	Moderately severe
20–27	Severe

- **This is a screening tool, not a diagnosis.** A score of 10 or more is a reason to see a doctor, but as Chapter 1 explains, this cut-off flags roughly twice as many people as actually have depression.
- **Question 9 needs attention on its own.** If you circled anything other than 0 on question 9, even with a low total score, talk to a health professional or someone you trust today. If you have intentions or plans, contact a crisis line or emergency services now (see “Where to Find Help”).
- Take this page with you to your appointment. Repeat it after a few weeks to compare.