

Patient Health Questionnaire (PHQ-9)

Nine Symptom Depression Checklist

This questionnaire is an important part of providing you with the best healthcare possible. Your answers will help in understanding problems that you may have. Please answer every question to the best of your ability unless you are asked to skip a section.

Name: _____ Age: _____

Sex: female male Today's Date: _____

Over the *last 2 weeks*, how often have you been bothered by any of the following problems?
(Please circle 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 in some way	0	1	2	3

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

If you circled 1, 2, or 3 for some of the questions above, discuss your answers with a healthcare provider. Only a healthcare provider can make a diagnosis of depression. Also talk with your healthcare provider if you circled 1, 2, or 3 for question 9. Having repeated thoughts of death or suicide is the most serious symptom of depression. If you are thinking of harming yourself, get help **immediately**. Make your feelings known to someone who can help you—your healthcare provider, family members, or friends. Your healthcare provider is an excellent person to tell. If this is not possible, go to the nearest emergency room, or call 911 or the National Suicide Helpline at 1-800-SUICIDE (1-800-784-2433).