

# Patient Health Questionnaire (PHQ-9)

**Important Notice: The information gathered on this questionnaire will remain confidential.**

First Name

Last Name

Date of Birth

Visit Date

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

**1. Little interest or pleasure in doing things**

- 0 - Not at all
- 1 - Several days
- 2 - More than half the days
- 3 - Nearly every day

**2. Feeling down, depressed, or hopeless**

- 0 - Not at all
- 1 - Several days
- 2 - More than half the days
- 3 - Nearly every day

**3. Trouble falling or staying asleep, or sleeping too much**

- 0 - Not at all
- 1 - Several days
- 2 - More than half the days
- 3 - Nearly every day

**4. Feeling tired or having little energy**

- 0 - Not at all
- 1 - Several days
- 2 - More than half the days
- 3 - Nearly every day

**5. Poor appetite or overeating**

- 0 - Not at all
- 1 - Several days
- 2 - More than half the days
- 3 - Nearly every day

**6. Feeling bad about yourself — or that you are a failure or have let yourself or your family down**

- 0 - Not at all
- 1 - Several days
- 2 - More than half the days
- 3 - Nearly every day

**7. Trouble concentrating on things, such as reading the newspaper or watching television**

- 0 - Not at all
- 1 - Several days
- 2 - More than half the days
- 3 - Nearly every day

**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 - Not at all
- 1 - Several days
- 2 - More than half the days
- 3 - Nearly every day

**9. Thoughts that you would be better off dead or of hurting yourself in some way**

- 0 - Not at all
- 1 - Several days
- 2 - More than half the days
- 3 - Nearly every day

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**For Office Coding:**

**Total Score of 1's**

**+ Total Score of 2's**

**+ Total Score of 3's**

**= Total Overall Score**

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**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