

## Patient Health Questionnaire – PHQ-9

### Information for health professionals

The PHQ-9 is widely used to help health professionals measure and monitor the symptoms of depression. The PHQ-9 is based on the diagnostic criteria for major depressive disorder described in *Diagnostic and Statistical Manual of Mental Disorders*, 4th Edition (DSM-IV).

### How to use the PHQ-9

This questionnaire is designed for use by health professionals. Since the questionnaire relies on patient self-report, all responses should be verified by the clinician and a definitive diagnosis made on clinical grounds, taking into account how well the patient understood the questionnaire, as well as other relevant information from the patient. Diagnoses of major depressive disorder or other depressive disorder also require impairment of social, occupational, or other important areas of functioning (final question of the PHQ-9) and ruling out normal bereavement, history of a manic episode (bipolar disorder), and a physical disorder, medication, or other drug as the biological cause of the depressive symptoms.

An online version of PHQ-9 is available at: [ecentreclinic.org/?q=MoodDepressionTest](http://ecentreclinic.org/?q=MoodDepressionTest)

### Scoring

Add all seven numbers in the questionnaire to obtain a total score. Scores will range from 0 to 21. A score of 10 or greater indicates further evaluation is required.

PHQ-9 total score	Symptom range
0 – 4	No depression
5 – 9	Mild depression
10 – 14	Moderate depression
15 – 19	Moderately severe depression
20 – 27	Severe depression

### References:

Gilbody, S., Richards, D., Brealey, S., & Hewitt, C. (2007). Screening for depression in medical settings with the Patient Health Questionnaire (PHQ): A diagnostic meta-analysis. *Journal of General Internal Medicine*, 22, 1596-1602.

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Löwe, B., Unützer, J., Callahan, C. M., Perkins, A. J., & Kroenke, K. (2004). Monitoring depression treatment outcomes with the Patient Health Questionnaire-9. *Medical Care*, 42(12), 1194-1201.

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## Depression quiz

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

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
<b>For office coding</b> _____ + _____ + _____ + _____ <span style="float: right;">= Total score: _____</span>				

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