**PATIENT HEALTH QUESTIONNAIRE-9**

**(PHQ-9)**

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| --- | --- | --- | --- | --- |
| **Over the last 2 weeks, how often have you been bothered by any of the following problems?** *(Use “*✔*” 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 in some way  | 0  | 1  | 2  | 3  |

**FOR OFFICE CODING** *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 things at home, or get along with other people?**

|  |  |  |  |
| --- | --- | --- | --- |
| **Not difficult at all**   | **Somewhat difficult**  | **Very difficult**  | **Extremely difficult**  |

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