

## PHQ-9

Name/Last 4 \_\_\_\_\_

Date: \_\_\_\_\_

Over the *last 2 weeks*, how often have you been bothered by any of the following problems? Read each item carefully, and circle your response.

1. Little interest or pleasure in doing things

Not at all      Several days      More than half the days      Nearly every day

2. Feeling down, depressed, or hopeless

Not at all      Several days      More than half the days      Nearly every day

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

Not at all      Several days      More than half the days      Nearly every day

4. Feeling tired or having little energy

Not at all      Several days      More than half the days      Nearly every day

5. Poor appetite or overeating

Not at all      Several days      More than half the days      Nearly every day

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

Not at all      Several days      More than half the days      Nearly every day

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

Not at all      Several days      More than half the days      Nearly every day

8. Moving or speaking so slowly that other people could have noticed. Or being so fidgety or restless that you have been moving around a lot more than usual

Not at all      Several days      More than half the days      Nearly every day

9. Thinking that you would be better off dead or that you want to hurt yourself in some way

Not at all      Several days      More than half the days      Nearly every day

10. If you checked off any problem on this questionnaire so far, 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