

Patient Health Questionnaire (PHQ-9)

Patient Name _____ Date _____

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

	Not at all	Several days	More than half the days	Nearly every day
	0	1	2	3
1. Little interest or pleasure in doing things				
2. Feeling down, depressed, or hopeless				
3. Trouble falling asleep, staying asleep, or sleeping too much				
4. Feeling tired or having little energy				
5. Poor appetite or overeating				
6. Feeling bad about yourself, feeling that you are a failure, or feeling that you have let yourself or your family down				
7. Trouble concentrating on things such as reading the newspaper or watching television				
8. Moving or speaking so slowly that other people could have noticed. Or being so fidgety or restless you have been moving around a lot more than usual				
9. Thinking you would be better off dead or you want to hurt yourself in some way				
Totals				

To score, add the totals from each column. For each question: not at all = 0, several days = 1, More than Half the Days = 2, Nearly Every Day = 3. The sum of these values will give you the Total Score between 0 and 27.

* 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
0	1	2	3



PHQ-9 Interpretation of Score and Treatment Suggestions

Score	Range	Treatment
0-4	Normal	No action
5-9*	Mild	Watchful Waiting; Consider scheduling a follow-up visit in a few weeks, patient education, or discuss referral to Peace River Center counseling as an option
10-14*	Mild-Moderate	Patient education, referral to PRC counseling or psychotherapy
15-19*	Moderate	Psychotherapy for most; consider medication
20+*	Severe	Immediate crisis assessment by calling PRC mobile crisis response team 863-519-3744; combination treatments of medication and referral to PRC for psychotherapy

Adapted from Kaiser Permanente Source
http://providers.kaiserpermanente.org/info_assets/cpp_ga/pdfs/ga_phq_interpsheet.pdf

***Peace River Center’s Mobile Crisis Response Team is the non-medical emergency mental health provider for Polk, Highlands and Hardee Counties.** The phone number for the Mobile Crisis Response Team and the 24-Hour Mental Health Crisis Hotline is **863-519-3744**. For medical emergencies, call 911.