

Depression Test – PHQ-9 Screen

Over the past 2 weeks, how often have you been bothered by any of the following problems?	Not At All (0)	Several Days (1)	Over Half the Days (2)	Nearly Every day (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 badly about yourself, or that you're a failure, or that you have let yourself or your family down				
7. Trouble concentrating on such things as reading the newspaper or watching television				
8. Moving or speaking more slowly than usual, so that people could have noticed, or the opposite, being more fidgety or restless than usual				
9. Thoughts that you would be better off dead, or thoughts of hurting yourself in some way				

Your Score:

Total score 1-4 = Minimal depression

5-9 = Mild depression

10-14 = Moderate depression

15-19 = Moderately severe depression

20-27 = Severe depression.

No single test is completely accurate. You should always consult your physician when making decisions about your health.

References

- Kroenke, K., Spitzer, R. L., & Williams, J. B., The PHQ-9: validity of a brief depression severity measure. *J Gen Intern Med*, 2001. **16**(9): p. 606-13. PMC1495268.
- Gilbody, S., Richards, D., Brealey, S., & Hewitt, C., Screening for depression in medical settings with the Patient Health Questionnaire (PHQ): a diagnostic meta-analysis. *J Gen Intern Med*, 2007. **22**(11): p. 1596-602. PMC2219806.

This document may be distributed without restrictions. Use with the guidance of a health professional.

Reference: "I Want to Change My Life" by Dr. S. Melemis. www.IWantToChangeMyLife.org