

The PHQ-9

During the past two weeks how often have you been bothered by any of the following problems?

	Not at all	Several days	More than half the days	Nearly every day
Little interest or pleasure				
Feeling down, depressed or hopeless				
Trouble falling/staying asleep; sleeping too much (check which symptom, if any)				
Feeling tired or having little energy				
Poor appetite or overeating (check which symptom, if any)				
Feeling bad about yourself				
Trouble concentrating on things				
Moving/speaking slowly; being fidgety or restless (circle which symptom, if any)				
Thoughts that you would be better off dead or of hurting yourself in some way				

If the PHQ-9 is >0, an additional question is to ask:

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
- DON'TKNOW/REFUSED