Over the last 2 weeks, how often have you been bothered by the following problems?

1. Little interest or pleasure in doing things

\_\_ 0 \_\_ 1 \_\_ 2 \_\_ 3

Not at all Several days More than half Nearly every day

the days

1. Feeling down, depressed, or hopeless

\_\_ 0 \_\_ 1 \_\_ 2 \_\_ 3

Not at all Several days More than half Nearly every day

the days

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

\_\_ 0 \_\_ 1 \_\_ 2 \_\_ 3

Not at all Several days More than half Nearly every day

the days

1. Feeling tired or having little energy

\_\_ 0 \_\_ 1 \_\_ 2 \_\_ 3

Not at all Several days More than half Nearly every day

the days

1. Poor appetite or overeating

\_\_ 0 \_\_ 1 \_\_ 2 \_\_ 3

Not at all Several days More than half Nearly every day

the days

1. Feeling bad about yourself — or that you are a failure or have let yourself or your family down

\_\_ 0 \_\_ 1 \_\_ 2 \_\_ 3

Not at all Several days More than half Nearly every day

the days

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

\_\_ 0 \_\_ 1 \_\_ 2 \_\_ 3

Not at all Several days More than half Nearly every day

the days

1. 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

Not at all Several days More than half Nearly every day

the days

1. Thoughts that you would be better off dead or of hurting yourself in some way

\_\_ 0 \_\_ 1 \_\_ 2 \_\_ 3

Not at all Several days More than half Nearly every day

the days

\_\_\_\_\_\_ + \_\_\_\_\_\_ + \_\_\_\_\_\_ + \_\_\_\_\_\_ = Total Score \_\_\_\_\_\_

If you checked off any problems, how difficult have these problems made it for you to do our work, take care of things at home, or get along with other people?

\_\_ 1 Not difficult at all \_\_ 2 Somewhat difficult \_\_ 3 Very difficult \_\_ 4 Extremely difficult

Kroenke K, Spitzer RL, Williams JB. The PHQ-9: validity of a brief depression severity measure. J Gen Intern Med. 2001 Sep;16(9):606-13.

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