

PHQ9

Description[Become a member](#)[Free anxiety resources](#)[Supporting others](#)**PHQ9 Depression**

"*" indicates required fields

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

<div>1. Little interest or pleasure in doing things.*</div> <div><div><input type="radio"/> Not at all</div><div><input type="radio"/> Several days</div><div><input type="radio"/> More than half the days</div><div><input type="radio"/> Nearly every day</div></div>	
<div>2. Feeling down, depressed, or hopeless.*</div> <div><div><input type="radio"/> Not at all</div><div><input type="radio"/> Several days</div><div><input type="radio"/> More than half the days</div><div><input type="radio"/> Nearly every day</div></div>	
<div>3. Trouble falling or staying asleep, or sleeping too much.*</div> <div><div><input type="radio"/> Not at all</div><div><input type="radio"/> Several days</div><div><input type="radio"/> More than half the days</div><div><input type="radio"/> Nearly every day</div></div>	
<div>4. Feeling tired or having little energy.*</div> <div></div>	

- ☐ 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 or that you are a failure or 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 the opposite being so fidgety or restless that you have been moving around a lot more than usual.*

- ☐ Several days
- ☐ More than half the days
- ☐ Nearly every day

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

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

Scores of 5, 10, 15, and 20 represent cut off points for mild, moderate, moderately severe and severe depression, respectively

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