

# PHQ-9

## Health Questionnaire

Over the past two weeks, how often have you been bothered by any of the following problems? Circle the number for each question.

**0 = Not at all    1 = Several days    2 = More than half the days    3 = Nearly every day**

- |  |   |   |   |   |
|--|---|---|---|---|
| 1. Little interest or pleasure in doing things?  | 0 | 1 | 2 | 3 |
| 2. Feeling down, depressed, or hopeless?   | 0 | 1 | 2 | 3 |
| 3. Trouble falling or staying asleep, or sleeping too much?  | 0 | 1 | 2 | 3 |
| 4. Feeling tired or having little energy?  | 0 | 1 | 2 | 3 |
| 5. Poor appetite or overeating?  | 0 | 1 | 2 | 3 |
| 6. Feeling bad about yourself – or that you are a failure or have let yourself or your family down?  | 0 | 1 | 2 | 3 |
| 7. Trouble concentrating on things, such as reading the newspaper or watching television?  | 0 | 1 | 2 | 3 |
| 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? | 0 | 1 | 2 | 3 |
| 9. Thoughts that you would be better off dead, or of hurting yourself in some way?   | 0 | 1 | 2 | 3 |

\_\_\_\_\_    \_\_\_\_\_    \_\_\_\_\_    \_\_\_\_\_  
Total score = \_\_\_\_\_

---

If you checked off any problems, 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      |
| <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |

---

Developed by Drs. Robert L. Spitzer, Janet B.W. Williams, Kurt Kroenke, and colleagues, with an educational grant from Pfizer Inc. No permission required to reproduce, translate, display, or distribute.