

INDICATION

Assesses severity in patients with depression

ADDITIONAL INFORMATION

If patient reports any thoughts of **Suicide / Self harm**, they should be further examined and be referred to mental health services as appropriate

The final question of the PHQ9 is not scored and therefore has not been included in this calculator

INTERPRETATION

SCORE	SEVERITY	RECOMMENDATION
≤4	Minimal	May not require treatment
5-9	Mild	Watchful waiting
10-14	Moderate	Advise treatment
15-19	Moderate-Severe	
≥20	Severe	

CALCULATION

QUESTION		POINTS
Little interest or pleasure in doing things?"	Not at all	+0
	Several days	+1
	More than half the days	+2
	Nearly every day	+3
Feeling down, depressed, or hopeless?	Not at all	+0
	Several days	+1
	More than half the days	+2
	Nearly every day	+3
Trouble falling or staying asleep, or sleeping too much?	Not at all	+0
	Several days	+1
	More than half the days	+2
	Nearly every day	+3
Feeling tired or having little energy?	Not at all	+0
	Several days	+1
	More than half the days	+2
	Nearly every day	+3
Poor appetite or overeating?	Not at all	+0
	Several days	+1
	More than half the days	+2
	Nearly every day	+3
Feeling bad about yourself, or that you are a failure or have let yourself or your family down?	Not at all	+0
	Several days	+1
	More than half the days	+2
	Nearly every day	+3
Trouble concentrating on things, such as reading the newspaper or watching television?	Not at all	+0
	Several days	+1
	More than half the days	+2
	Nearly every day	+3
Moving or speaking so slowly that other people could have noticed? Or so fidgety or restless that you have been moving a lot more than usual?	Not at all	+0
	Several days	+1
	More than half the days	+2
	Nearly every day	+3
Thoughts that you would be better off dead, or thoughts of hurting yourself in some way?	Not at all	+0
	Several days	+1
	More than half the days	+2
	Nearly every day	+3