

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	
15-19	Moderate-Severe	Advise treatment
≥20	Severe	

CALCULATION

Total score = sum of scores for each question

QUESTION	POINTS
	Not at all +0
	Several days +1
	More than half the days +2
	Nearly every day +3

Little interest or pleasure in doing things?"	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