

# Your Results — Depression Test:

## Minimal Depression

Your results indicate that you have none, or very few signs of depression.

These results are not meant to be a diagnosis. You can meet with a doctor or therapist to get a diagnosis and/or access therapy or medications. Sharing these results with someone you trust can be a great place to start.

ABOUT YOUR SCORE: 3 / 27

### About your score

Each of your answers has a score of 0-3. Click “Your Answers” above to see your score for each question. Adding these up provides your Total Score.

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

### Interpreting your Total Score

- **1-4:** Minimal depression
- **5-9:** Mild depression
- **10-14:** Moderate depression
- **15-19:** Moderately severe depression
- **20-27:** Severe depression

### To monitor your depression severity over time:

**Option 1:** Create an MHA Screening account (<https://screening.mhanational.org/sign-up/>) to save your results and track changes over time.

**Option 2:** Track your scores manually:

1. Print or email your initial results. This is your baseline.
2. Continue to screen at regular intervals (for example, every 2 weeks).
3. Note any changes in your Total Score (above).
4. Print or email results and bring them to someone who is helping you in your recovery.

### Source

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### Your Answers

1. Little interest or pleasure in doing things  
**NOT AT ALL (0)**

2. Feeling down, depressed, or hopeless  
**NOT AT ALL (0)**

3. Trouble falling or staying asleep, or sleeping too much  
**NOT AT ALL (0)**

4. Feeling tired or having little energy  
**NOT AT ALL (0)**

5. Poor appetite or overeating  
**SEVERAL DAYS (1)**

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

SEVERAL DAYS (1)

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

SEVERAL DAYS (1)

8. Moving or speaking so slowly that other people could have noticed

NOT AT ALL (0)

9. Thoughts that you would be better off dead, or of hurting yourself

NOT AT ALL (0)

10. If you checked off any problems, how difficult have these problems made it for you at work, home, or with other people?

SOMEWHAT DIFFICULT

This test was taken on June 24, 2023, 8:37 am EDT. To view this result on the web, visit:  
[https://screening.mhanational.org/screening-results/?sid=4046203d-8aed-48d9-ac17-497ec7e1814e-1600812710\\_1](https://screening.mhanational.org/screening-results/?sid=4046203d-8aed-48d9-ac17-497ec7e1814e-1600812710_1)

Learn more about Depression at <https://screening.mhanational.org/depression/>

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MHA Screening is an educational program intended to help inform people about options they have in getting help for mental health issues. It may suggest tools and resources that offer information, treatment services, self-help (or "DIY") tools, and/or ways to connect with others. It does not represent its results as an exhaustive list of all services available to a given individual for a given mental health concern, as an endorsement of specific treatments or services, or as a replacement for treatment or services as performed by a qualified provider. For any and all suggestions, comments, or questions, please [contact Mental Health America](#).