

# Phq9

Record Number

## PHQ-9 Questions

Little interest or pleasure in doing things

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

Feeling down, depressed, or hopeless

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

Trouble falling or staying asleep, or sleeping too much

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

Feeling tired or having little energy

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

Poor appetite or overeating

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

Feeling bad about yourself or that you are a failure

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

Trouble concentrating on things

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

Moving or speaking slowly, or being fidgety/restless

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

Thoughts of being better off dead or hurting yourself

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

Difficulty in work, home, or with others

- ☐ Not difficult at all
- ☐ Somewhat difficult
- ☐ Very difficult
- ☐ Extremely difficult

PHQ-9 Total Score

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