

PHQ

* Required

ID *

Your answer

Over the last 2 weeks, how often have you been bothered by any of the following problems?

Little interest or pleasure in doing things *

	0	1	2	3	
Not at all	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	Nearly every day

Feeling down, depressed, or hopeless *

	0	1	2	3	
Not at all	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	Nearly every day

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Trouble falling or staying asleep, or sleeping too much *

	0	1	2	3	
Not at all	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	Nearly every day

Feeling tired or having little energy *

	0	1	2	3	
Not at all	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	Nearly every day

Poor appetite or overeating *

	0	1	2	3	
Not at all	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	Nearly every day

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

	0	1	2	3	
Not at all	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	Nearly every day

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

	0	1	2	3	
Not at all	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	Nearly every day

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	
Not at all	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	Nearly every day

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

	0	1	2	3	
Not at all	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	Nearly every day

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? *

	0	1	2	3	
Not difficult at all	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	Extremely difficult

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