

TEEN - PATIENT HEALTH QUESTIONNAIRE-9 (PHQ-9 Modified for Teens)

Over the **last 2 weeks**, how often have you been bothered
by any of the following problems?
(Use "✓" to indicate your answer)

	Not at all	Several days	More than half the days	Nearly every day
1. Feeling down, depressed, irritable or hopeless?	0	1	2	3
2. Little interest or pleasure in doing things?	0	1	2	3
3. Trouble falling asleep, staying asleep, or sleeping too much?	0	1	2	3
4. Poor appetite, weight loss, or overeating?	0	1	2	3
5. Feeling tired, or having little energy?	0	1	2	3
6. Feeling bad about yourself — or that you are a failure or, have let yourself or your family down?	0	1	2	3
7. Trouble concentrating on things, like school work, reading, or watching TV?	0	1	2	3
8. Moving or speaking so slowly that other people could have noticed? Or the opposite — being so fidgety or restless that you were moving around a lot more than usual?	0	1	2	3
9. Thoughts that you would be better off dead, or of hurting yourself in some way?	0	1	2	3

In the **past year** have you felt depressed or sad most days, even if you felt okay sometimes?
☐ Yes ☐ No

If you are experiencing any of the problems on this form, 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?

**Not difficult
at all**
☐

**Somewhat
difficult**
☐

**Very
difficult**
☐

**Extremely
difficult**
☐

Has there been a time in the **past month** when you have had serious thoughts about ending your life?
☐ Yes ☐ No

Have you **EVER**, in your WHOLE LIFE, tried to kill yourself or made a suicide attempt?
☐ Yes ☐ No

****If you have had thoughts that you would be better off dead or of hurting yourself in some way, please discuss this with
your Health Care Clinician, go to a hospital emergency room or call 911.**

Office use only:

Severity score: _____

Modified with permission by the GLAD-PC team from the PHQ-9 (Spitzer, Williams, & Kroenke, 1999), Revised PHQ-A (Johnson, 2002), and the CDS (DISC Development Group, 2000)