

PHQ-9. Please read each statement and write a response which indicates how often you have been bothered by the following problems **over the last two weeks**. There are no right or wrong answers. Do not spend too much time on any one statement. This assessment is not intended to be a diagnosis. If you are concerned about your results in any way, please speak with a qualified health professional.

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

1 Little interest or pleasure in doing things

2 Feeling down, depressed, or hopeless

3 Trouble falling or staying asleep, or sleeping too much

4 Feeling tired or having little energy

5 Poor appetite or overeating

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

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

8 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?

9 Thoughts that you would be better off dead or of hurting yourself in some way

10 If you identified any problems on this questionnaire so far, 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?

Total PHQ-9 score =

The maximum score of the PHQ-9 is 27, lower scores are better. Depression severity is calculated by assigning scores of 0, 1, 2 and 3, to the response categories of: 'not at all'; 'several days'; 'more than half the days' and 'nearly every day' respectively. **Only the first nine questions are scored** by adding the scores of the individual items. The final question, the 'difficulty' item, is not used in calculating any score or diagnosis; but rather represents the patient's global impression of symptom-related impairment. It is strongly associated with both psychiatric symptom severity and health-related quality of life. Scores of 5, 10, 15, and 20 represent cut-off points for 'mild', 'moderate', 'moderately severe' and 'severe' depression respectively.