PHQ – 9 Depression Screening

Name: _____ D.O.B. _____Clinician: _____ Date: _____

Instructions: How often have you been bothered by each of the following symptoms during the past **two weeks**? For each symptom put an "X" in the box beneath the answer that best describes how you have been feeling.

During the past two weeks have you been:	**(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 asleep, staying asleep, or sleeping too much?				
4. Feeling tired or having little energy?				
5. Poor appetite or over eating?				
6. Feeling bad about yourself - or feeling that you are a failure, or that you have let yourself or your family down?				
7. Trouble concentrating on things like school work, reading, or watching TV?				
8. Moving or speaking so slowly that other people could have noticed?				
9. Thoughts that you would be better off dead, or of hurting yourself in some way?				

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: _____ + / -

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