

PHQ-9

Over the LAST 2 WEEKS, how often have you been bothered by...	Not at all	Several days	More than half the days	Nearly every day
little interest or pleasure in doing things?	0	1	2	3
feeling down, depressed or hopeless?	0	1	2	3
trouble falling or staying asleep OR sleeping too much?	0	1	2	3
feeling tired or having little energy?	0	1	2	3
poor appetite OR overeating?	0	1	2	3
feeling bad about yourself – or that you are a failure or have let yourself or your family down?	0	1	2	3
trouble concentrating on things, such as reading a newspaper or watching television?	0	1	2	3
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
thoughts that you would be better off dead or thoughts of hurting yourself in some way?	0	1	2	3