

Adult Severity Measure of Depression:

Adapted from the Patient Health Questionnaire-9 (PHQ-9) for Evaluation and Research

Name: _____ Age: _____ Sex: Male Female Date: _____

Instructions: Over the **last 2 weeks**, how often have you been bothered by any of the following problems? (Please, use a "✓" to indicate your answer.)

		<i>Not at All</i>	<i>Several Days</i>	<i>More than Half the Days</i>	<i>Nearly Every Day</i>
1.	Little interest or pleasure in doing things	0	1	2	3
2.	Feeling down, depressed, or hopeless	0	1	2	3
3.	Trouble falling or staying asleep, or sleeping too much	0	1	2	3
4.	Feeling tired or having little energy	0	1	2	3
5.	Poor appetite or overeating	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, such as reading the newspaper or watching television	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 have been 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
Raw Scores:					
				Total Score:	
Prorated Total Raw Score (if 1-2 items left unanswered):					

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?

Not Difficult At All

 Somewhat Difficult

 Very Difficult

 Extremely Difficult

Purpose:

This is a self-rated 9-item measure that quickly screens the severity of depressive symptomatology in adults over age 18. The measure is completed by the client prior to the first visit with a psychologist. Each item asks the client to rate the severity of symptoms within the last 7 days. This measure will be used to track changes in symptomatology over time, the measure may be completed at regular intervals as clinically indicated, depending on the stability of the individual's symptoms and treatment status. Consistently high scores on a particular domain may indicate significant and problematic areas for the client that may warrant further assessment, treatment, and follow-up, based on clinical judgement.

Scoring and Interpretation:

Each item on the measure is rated on a 4-point likert scale. The total score can range from 0 – 27, with higher scores indicating greater severity. The clinician is asked to review the score of each item on the measure during the clinical interview and indicate the raw score for each item in the section provided. The raw scores on the 9 items should be summed to obtain a total raw score and should be interpreted using the Scoring Table for the PHQ-9.

If 3 or more items are left blank, the total score on the measure can not be calculated. Everyone should be encouraged to fill in blank items.

If 1 or 2 items are left unanswered, a prorated score can be calculated. Sum the scores of the items answered to get a partial raw score, then multiply the partial score by 9, and divide the value by the number of answered items. If the result is a fraction, round to the nearest whole number.

(Partial Raw Score X 9)

of Answered Items

Scoring Table for the PHQ-9

Depressive Symptomatology Severity	PHQ-9 Score
None	0-4
Mild Depression	5-9
Moderate Depression	10-14
Moderately Severe Depression	15-19
Severe Depression	20-27