

Patient Health Questionnaire, 2-item (PHQ-2)

For each item, check the box that describes how often you have felt this way in the last two weeks.

	Not at all	Several days	More than half of days	Nearly every day
SCORE	0	1	2	3

During the past two weeks, have you often been bothered by feeling down, depressed, or hopeless?

During the past two weeks, have you often been bothered by little interest or pleasure in doing things?

Add columns:

+

+

If score is 3 or higher, review DSM-5 criteria for depression below and ask the patient to complete the PHQ-9.

Major Depressive Episode (DSM-5)

Either 1 or 2 of the following must be present:

- depressed mood
- markedly diminished interest or pleasure in (almost) all activities

Plus other symptoms to make a total of 5:

- significant weight gain or loss (when not dieting) or decrease or increase in appetite
- insomnia or hypersomnia
- psychomotor agitation or retardation
- fatigue or loss of energy
- feelings of worthlessness or excessive or inappropriate guilt
- diminished ability to think or concentrate or indecisiveness
- recurrent thoughts of death, suicidal ideation, or a suicide attempt or a specific plan for committing suicide

In addition:

- symptoms should cause clinically significant distress or impairment in social, occupational, or other important areas of functioning
- episode is not attributable to:
 - the direct physiological effects of a substance (e.g., a drug of abuse, a medication)
 - a general medical condition (e.g., hypothyroidism)
- there has never been a manic or hypomanic episode
- symptoms not better described by schizophrenia, delusional disorder, or other psychotic disorders

Patient Health Questionnaire, 9-item (PHQ-9)

Over the last 2 weeks, how often have you been bothered by any of the following problems?

	Not at all	Several days	More than half of days	Nearly every day
SCORE PER ITEM	0	1	2	3
Little interest or pleasure in doing things	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Feeling down, depressed, or hopeless	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Trouble falling or staying asleep, or sleeping too much	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Feeling tired or having little energy	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Poor appetite or overeating	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Feeling bad about yourself—or that you are a failure or have let yourself or your family down	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Trouble concentrating on things, such as reading the newspaper or watching television	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
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	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Thoughts that you would be better off dead, or of hurting yourself	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

For total score, add columns:

<input type="text"/>	+	<input type="text"/>	+	<input type="text"/>
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Assess depression severity using the total score of the PHQ-9.

TOTAL SCORE	DEPRESSION SEVERITY
1-4	Minimal depression
5-9	Mild depression
10-14	Moderate depression
15-19	Moderately severe depression
20-27	Severe depression



Pharmaceutical Assistance Contract for the Elderly

Balanced information for better care

These are general recommendations only; specific clinical decisions should be made by the treating physician based on an individual patient's clinical condition. These materials were made possible by the PACE Program of the Department of Aging of the Commonwealth of Pennsylvania. Links to references can be found at AlosaHealth.org.