



The PHQ-9* is intended to help you begin to explore whether the feelings, thoughts, or behaviors you may be experiencing could be depression. It is not intended to take the place of an evaluation by a trained medical professional. You might want to share your results with your health care professional.

Over the **last two weeks**, how often have you been bothered by any of the following problems? For each row, circle the number that indicates your answer. Then, total your score and use the information on the next page to interpret your score.

	Not at all	Several days	More than half the days	Nearly every day
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 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
Add columns:		+		+

TOTAL = _____

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? Put an "X" in the column that indicates your answer.

Not difficult at all	Somewhat difficult	Very difficult	Extremely difficult

* Developed by Drs. Robert L. Spitzer, Janet B. W. Williams, Kurt Kroenke, and colleagues, with an educational grant from Pfizer Inc. No permission required to reproduce, translate, display, or distribute. Accessed from the Patient Health Questionnaire (PHQ) Screeners website <http://www.phqscreener.com/overview.aspx?Screener=02_PHQ-9> on December 29, 2014.

PHQ-9 SCORING INTERPRETATION

Score between 1 and 5 (minimal)

Your results indicate minimal symptoms of depression.

Score between 6 and 9 (mild)

Your results indicate mild symptoms of depression. See recommendations below for ways to improve your well-being.

Score between 10 and 14 (moderate)

Your results are consistent with moderate symptoms of depression. See recommendations below for ways to improve your well-being, including seeking advice from a physician or qualified mental health professional.

Score between 15 and 19 (moderately severe) and 20-27 (severe)

Your screen results are consistent with many of the symptoms of depression. **You are advised to see your physician or a qualified mental health professional for a complete assessment.** A physician or qualified mental health professional can advise you about whether you might benefit from treatment and describe different treatment alternatives. Effective treatments for depression are available to help reduce your symptoms and improve your quality of life.

NOTE: If you scored 1, 2, or 3 on question #9

Your screen results indicate that you may be at risk for harming yourself or someone else. **If you are having current thoughts of harming yourself or someone else, call 911, or go immediately to the nearest hospital emergency room for an evaluation. You may also call the National Suicide Prevention Lifeline at 1-800-273-TALK (1-800-273-8255).**

RECOMMENDATIONS

Stress and poor physical health are risk factors for depression. To maintain or improve your physical and emotional health, faculty and staff of the University of Missouri may wish to consider:

- [Learning stress reduction techniques such as meditation.](#)
- [Engaging in physical activity.](#)
- [Improving your relationship with food.](#)

If you have symptoms that are distressing to you, or are distracting you at work or home, you may benefit from seeing your physician or a qualified mental health professional for a complete evaluation as soon as practical. Although many individuals cope well with symptoms like yours, effective treatments for depression are available to help reduce your symptoms and improve your quality of life. A mental health professional or your physician can advise you about whether you can benefit from treatment and describe different treatment alternatives.

- Faculty and staff with university medical insurance can [find mental health providers in your area by using the Coventry affiliate MHNNet Behavioral Health.](#)
- All faculty and staff, families, retirees, and organizational work units can receive assistance from [the university's Employee Assistance Program \(EAP\).](#)

This questionnaire is not designed to provide a comprehensive assessment or diagnosis of depression. Only a qualified physician or mental health provider can provide a complete assessment and diagnosis of depression, differentiate symptoms of depression from other medical conditions, or prescribe appropriate treatment for depression or other medical conditions.