PHQ-9 Depression Test

Patient Health Questionnaire-9 · a screening tool, not a diagnosis

Name: Date:

Over the last 2 weeks, how often have you been bothered by any of the following problems? Tick one box per line.

	Problem	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 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

Column totals: 0 + ____ + ____ + ____

Total score (0–27): _____

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

What your score suggests

0–4	Minimal depression
5–9	Mild depression: watch how you feel over the next few weeks
10–14	Moderate depression: the usual point to talk to a professional
15–19	Moderately severe depression: treatment is usually recommended
20–27	Severe depression: please reach out to a doctor soon

Question 9 counts on its own. If you ticked anything other than "Not at all" on question 9, please talk to someone today. If you might act on these thoughts, call your local emergency number (911 US, 999 UK, 112 Europe) or, in the US, call or text 988. Helplines by country: anxietychecklist.com/gethelpnow

Take it online with an instant score: anxietychecklist.com/anxiety-test/phq-9

 Severity ranges: Kroenke, Spitzer & Williams (2001), J Gen Intern Med 16(9):606–613.