



## Self-Assessment for Depression (PHQ-9)

This tool 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 a professional evaluation or to serve as a diagnosis.

This is the PHQ-9 screening tool. It can help you find out if you might have depression that needs treatment. It calculates how many common symptoms you have, and based on your answers, suggests where you might be on a scale, from mild to severe depression.

PHQ-9 stands for "patient health questionnaire" and the 9 questions in the tool. Choose one answer for each of the 9 questions below:

**Select the best answer for each of the questions below**

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

- 1. Little interest of pleasure in doing things**
  - Not at all
  - Several days
  - More than half the days
  - Nearly every day
- 2. Feeling down, depressed or hopeless**
  - Not at all
  - Several days
  - More than half the days
  - Nearly every day

**3. Trouble falling or staying asleep, or sleeping too much**

- Not at all
- Several days
- More than half the days
- Nearly every day

**4. Feeling tired or having little energy**

- Not at all
- Several days
- More than half the days
- Nearly every day

**5. Poor appetite or overeating**

- Not at all
- Several days
- More than half the days
- Nearly every day

**6. Feeling bad about yourself – or that you are a failure or have let yourself or your family down**

- Not at all
- Several days
- More than half the days
- Nearly every day

**7. Trouble concentrating on things, such as reading the newspaper or watching television**

- Not at all
- Several days
- More than half the days
- Nearly every day

**8. Moving or speaking too slowly that other people could have noticed. Or the opposite – being so fidgety or restless, that you have been moving around more than possible.**

- Not at all
- Several days
- More than half the days
- Nearly every day

**9. Thoughts that you would be better off dead – or of hurting yourself.**

- Not at all**
- Several days**
- More than half the days**
- Nearly every day**

Source: Kroenke, K., Spitzer, R.L., & Williams, J.B. (2001). The PHQ-9. *Journal of general internal medicine*, 16(9). 606-613.



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Your score is: \_\_\_\_\_

### What does my score mean?

#### 1-9 points= Low depression severity range

Your score falls into the low range, which means you're doing quite well. You can find some useful tips to maintaining your mental health under the "I want to stay mentally healthy" section of the Toolkit.

#### 10-14 points= Medium depression severity range

Your score falls into the moderate range, which means you may be experiencing mild depression. We recommend that you see a doctor or mental health clinician for a professional assessment. Seeking help early may help to reduce the intensity and duration of your depression symptoms. You can find some useful resources and information under the "I'm not feeling well and want more information" section of the Toolkit.

#### 15-27 points= High depression severity range

Your score falls into the high range, which means you may be experiencing

**depression. We strongly recommend that you see a doctor or mental health clinician for a professional assessment. Seeking help early may help to reduce the intensity and duration of your depression symptoms. You can find some useful resources and information under the "I'm not feeling well and want more information" section of the Toolkit.**

**[For more information or to receive support:](#)**

- **JEM Wellness & Counseling**
- **[www.jemwellnesscenter.com](http://www.jemwellnesscenter.com)**
- **(832) 560-9698 (call / text)**
- **[contact@jemwellnesscenter.com](mailto:contact@jemwellnesscenter.com) (email)**

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