

**NAME:** PHQ-9 Example

**DATE:** Jan 19 2018

**DOB:** Mar 18 1987

If you, or a loved one, are concerned about your sense of depression or risk for self-harm, please seek help immediately. In addition to calling 911, there are many resources available to you, including:

Crisistextline.org and the National Suicide Prevention Line at 1.800.273.8255

**ABOUT THE INSTRUMENT**

The PHQ-9 is a questionnaire designed for the purpose of identifying behavior patterns that may indicate depression. The questionnaire consists of a short series of questions that pertain to the last two weeks. The respondent was asked if they had experienced a particular feeling or behavior, and if so, how often in that time frame. This survey is not meant to provide a definitive depressive disorder, but rather to identify if further clarification is appropriate.

**PQH-9 DEPRESSION SCREENING RESULTS**

The respondent identifies feelings and behaviors that may correlate with severe depression along with impairment in important areas of functioning. Their responses should be verified by a professional prior to a definitive diagnosis.

**ANSWERS**

#	Statement	Response
1	I have little interest or pleasure in doing things.	Nearly every day
2	I have been feeling down, depressed, or hopeless.	Nearly every day
3	I have trouble falling or staying asleep, or sleeping too much.	Nearly every day
4	I have been feeling tired, or having little energy.	Nearly every day
5	I have had a poor appetite or I have been overeating.	Nearly every day
6	I have been feeling bad about myself, felt that I am a failure, or I have let myself or my family down.	Nearly every day
7	I have had trouble concentrating on things, such as reading the newspaper or watching television.	More than half the days
8	I have been moving or speaking so slowly that other people could have noticed or I was being so fidgety or restless that I have been moving around a lot more than normal.	Nearly every day
9	I have had thoughts that I would be better off dead, or of hurting myself.	More than half the days
10	If you indicated 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?	Extremely difficult