

PHQ-9

Description

The Patient Health Questionnaire (PHQ) – is a multipurpose instrument for screening, diagnosing, monitoring and measuring the severity of depression. The PHQ-9 is based directly on the diagnostic criteria for major depressive disorder in the Diagnostic and Statistical Manual Fourth Edition (DSM-IV). The screener is brief and useful in clinical practice, it can also be administered repeatedly, which can reflect improvement or worsening of depression in response to treatment.

Scoring

Each of the 9 questions is scored on a 4-point scale ranging from 0 ("Not at all") to 3 ("Nearly every day") and scores are summed to provide a total PHQ-9 score.

Interpretation Guide

Score	Depression Severity
1-4	None-minimal
5-9	Mild
10-14	Moderate
15-19	Moderately severe
20-27	Severe

References

Kroenke, K., Spitzer, R.L., Williams, J.B. (2001). The PHQ-9: Validity of a brief depression severity measure. *Journal of General Internal Medicine*, 6(9), 606-613.

Spitzer, R.L., Williams, J.B., Kroenke, K., et al. (2000). Validity and utility of the Patient Health Questionnaire in assessment of 3000 obstetrics-gynecologic patients. *American Journal of Obstetrics and Gynecology*, 183, 759-769.