

Depression Self-Check Tool

The **Patient Health Questionnaire (PHQ-9)** is a short questionnaire that can help you reflect on whether your feelings or behaviors may be signs of depression. It is not a diagnosis. After completing the questionnaire, consider sharing your results with your health care provider.

Instructions

1. Read the statements listed below and circle the number that best describes your experience for each question. Add up your points for each column and write it in the last row.

Over the last two weeks, how often have you been bothered by any of the problems below?	Not at all	Several Days	More than Half the days	Nearly every day
Little interest or pleasure in doing things	0	1	2	3
Feeling down, depressed, or hopeless	0	1	2	3
Difficulty falling asleep, staying asleep, or sleeping too much	0	1	2	3
Feeling tired or having little energy	0	1	2	3
Poor appetite or overeating	0	1	2	3
Feeling bad about yourself, believing you are a failure, or feeling like you are letting yourself or your family down	0	1	2	3
Trouble concentrating on things, such as reading the newspaper or watching television	0	1	2	3
Moving or speaking so slowly that people notice, or feeling so restless that you move around more than usual	0	1	2	3
Thoughts that you'd be better off dead, or thoughts of hurting yourself.	0	1	2	3
Add up your score in each column:				

2. Next, add up the scores from all four columns to get your PHQ-9 score. **Write it here:**

3. If you circled 1, 2, or 3 on any of the challenges above, how difficult have these feelings 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 does your score mean?

1–9 points: Low depression severity range

Your score is in the low range, which suggests you're doing well overall. Continue to practice healthy habits and manage your stress. You can retake this assessment if you feel things changing.

10–14 points: Medium depression severity range

Your score is in the moderate range, which may mean you're experiencing mild depression. Consider seeing a doctor or mental health provider for a professional assessment. Getting help early can often reduce the intensity and duration of symptoms.

15–21: High depression severity range

Your score is in the high range, which may mean you're experiencing depression. It is strongly recommended that you reach out to a doctor or mental health provider for a professional assessment. Support can make a big difference in how you feel and recover.

Source: Spitzer RL, Kroenke K, Williams JBW, Lowe B. (2006). A brief measure for assessing generalized anxiety disorder: The GAD-7. Archives of internal medicine, 166(10), 1092-1097.

For more mental health educational resources, visit depressioncenter.org/toolkit.

This document provides general educational information developed by the Eisenberg Family Depression Center. It is not a substitute for professional diagnosis or medical advice. Please consult your health care provider if you have questions about your health or treatment options.