

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

Read the statements listed below and circle the number (0, 1, 2, or 3) that best describes your experience for each one. Add up your points for each column and write it in the bottom 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 points in each column:				

Add up the points from all four columns to get your PHQ-9 score. Write it here: _____

What does your PHQ-9 score mean?

- **0–4 points: None-to-minimal depression severity range.** Your score suggests you're doing well overall. Continue to practice healthy habits and manage your stress. Retake this assessment if you feel things changing.
- **5–9 points: Mild depression severity range.** Your score may mean you're experiencing minor symptoms of depression. Continue to keep track of how you're feeling. Consider talking with a doctor or mental health provider if symptoms persist.
- **10–14 points: Moderate depression severity range.** Your score may mean you're experiencing some symptoms of 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.
- **15–19 points: Moderately severe depression severity range.** Your score may mean you're experiencing significant symptoms of depression. It is recommended that you see your doctor or mental health provider for a professional assessment.
- **20–27 points: Severe depression severity range.** Your score may mean you're experiencing significant symptoms of depression. It's strongly recommended that you see your doctor or mental health provider for a professional assessment. Support can make a big difference in how you feel and recover.

Need help right now? Don't wait. If you are having thoughts of hurting yourself or feeling that you may be in immediate danger, seek help right away. **Call or text 988** to speak to a trained counselor or **call 911** if you are in immediate danger or have a medical emergency

Source: Kroenke, K., Spitzer, R. L., & Williams, J. B. W. (2001). The PHQ-9: Validity of a brief depression severity measure. *Journal of General Internal Medicine*, 16(9), 606–613.

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