

PHQ - 9				
Over the <u>last 2 weeks</u> , how often have you been bothered by the following problems?	Not at all	Several days	More than half days	Nearly every day
1 Little interest or pleasure in doing things	0	1	2	3
2 Feeling down, depressed, or hopeless	0	1	2	3
3 Trouble falling/staying asleep, sleeping too much	0	1	2	3
4 Feeling tired, or having little energy	0	1	2	3
5 Poor appetite or overeating	0	1	2	3
6 Feeling bad about yourself – or that you are a failure or have let yourself or family down	0	1	2	3
7 Trouble concentrating on things, such as reading the newspaper or watching television	0	1	2	3
8 Moving or speaking so slowly that other people could have noticed. Or the opposite – being so fidgety or restless that you have been moving around a lot more than usual	0	1	2	3
9 Thoughts you would be better off dead or of hurting yourself in some way	0	1	2	3

A10- PHQ Total score