

DEPRESSION

PHQ-9: Nine-symptom Checklist

(Kroenke et al., 2001)

| Over the <u>last 2 weeks</u>, how often have you been bothered by any of the following problems? | <i>Not at all</i> | <i>Several days</i> | <i>More than half the days</i> | <i>Nearly every day</i> |
|---|-------------------|---------------------|--------------------------------|-------------------------|
| <i>Little interest or pleasure in doing things</i> | 0 | 1 | 2 | 3 |
| <i>Feeling down, depressed, or hopeless</i> | 0 | 1 | 2 | 3 |
| <i>Trouble falling or staying asleep, or sleeping too much</i> | 0 | 1 | 2 | 3 |
| <i>Feeling tired or having little energy</i> | 0 | 1 | 2 | 3 |
| <i>Poor appetite or overeating</i> | 0 | 1 | 2 | 3 |
| <i>Feeling bad about yourself - or that you are a failure or have let yourself or your family down</i> | 0 | 1 | 2 | 3 |
| <i>Trouble concentrating on things, such as reading the newspaper or watching television</i> | 0 | 1 | 2 | 3 |
| <i>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</i> | 0 | 1 | 2 | 3 |
| <i>Thoughts that you would be better off dead or of hurting yourself in some way</i> | 0 | 1 | 2 | 3 |

