

# Depression Screen

Get informed. Get screened. Get help.



Over the last 2 weeks, how often have you been bothered by any of the following problems? <b>Please note, all fields are required.</b>	Not at All	Several days	More than half the 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 or staying asleep, or 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 your 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	0	1	2	3
9. Thoughts that you would be better off dead, or of hurting yourself	0	1	2	3
10. If you checked off any problems, how difficult have these problems made it for you at work, home, or with other people?	0	1	2	3

0 + \_\_\_\_\_ + \_\_\_\_\_ + \_\_\_\_\_

= Total Score: \_\_\_\_\_

**Source**

Primary Care Evaluation of Mental Disorders Patient Health Questionnaire (PRIME-MD-PHQ). The PHQ, including the GAD-7, was developed by Drs. Robert L. Spitzer, Janet B.W. Williams, Kurt Kroenke, and colleagues. For research information, contact Dr. Spitzer at ris8@columbia.edu. PRIME-MD® is a trademark of Pfizer Inc. Copyright© 1999 Pfizer Inc..

# Depression Screen Results

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PHQ-9 Score	Depression Severity	
1-4	Minimal Depression	Your results indicate that you have none, or very few symptoms of depression.
5-9	Mild Depression	Your results indicate that you may be experiencing some symptoms of mild depression. While your symptoms are not likely having a major impact on your life, it is important to monitor them.
10-14	Moderate Depression	Your results indicate that you may be experiencing symptoms of moderate depression. Based on your answers, living with these symptoms could be causing difficulty managing relationships and even the tasks of everyday life.
15-19	Moderately Severe Depression	Your results indicate that you may be experiencing symptoms of moderately severe depression. Based on your answers, living with these symptoms is causing difficulty managing relationships and even the tasks of everyday life.
20-27	Severe Depression	Your results indicate that you may be experiencing symptoms of severe depression. Based on your answers, these symptoms seem to be greatly interfering with your relationships and the tasks of everyday life.  <b>Are you in crisis? Please call the National Suicide Prevention Hotline at 1-800-273-TALK or 911.</b>

These results do not mean that you have depression, but it may be time to start a conversation with your doctor. Finding the right treatment plan and working with your doctor, healthcare provider or a support person can help you feel more like you again.

The depression symptoms you are experiencing may also indicate a different type of mental health problem related to bipolar disorder. We recommend you also take the screen for bipolar disorder to find out if your symptoms may be more similar to those experienced by people with bipolar disorder. People who struggle with bipolar disorder experience mood swings from extreme elation, energy, or agitation to low depressive symptoms.

This screen is not meant to be a diagnosis. Diagnosis and care of mental health conditions can be difficult. Having symptoms of depression is different than having depression. In addition, symptoms of depression can be caused by other mental health conditions, such as bipolar disorder, or other health problems, like a thyroid disorder. Only a trained professional, such as a doctor or a mental health provider, can make this determination. However, by printing the results and bringing it to your doctor, you can start the conversation.

#### Disclaimer

Please note: You are encouraged to share your results with a physician or healthcare provider. Mental Health America Inc., sponsors, partners, and advertisers disclaim any liability, loss, or risk incurred as a consequence, directly or indirectly, from the use and application of these screens.

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