

The Patient Health Questionnaire (PHQ-9)

NAME (PRINT) _____

DATE _____

Over the last 2 weeks, how often have you been bothered by any of the following problems? (Circle your answer. Please complete all 10 items.)	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. 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 that you would be better off dead, or of hurting yourself	0	1	2	3

FOR PHYSICIANS ONLY

COLUMN TOTALS _____ + _____ + _____

TOTAL SCORE _____

10 If you circled any problems, how difficult have these problems made it for you to do your work, take care of things at home, or get along with other people?

- Not difficult at all Very difficult
 Somewhat difficult Extremely difficult

ABOUT POSTPARTUM DEPRESSION



It is estimated that postpartum depression (PPD) affects approximately **1 in 9** new mothers in the US annually.¹



Unaddressed PPD can have harmful, long-term effects on mothers, their babies, and their family members.²⁻⁹

BE PREPARED

Consider screening your patients at multiple time points:

PRIOR TO DELIVERY

Onset of PPD symptoms can occur during pregnancy⁷

POSTDELIVERY

Consider administering a validated screening tool within 10 days after childbirth⁸

DURING POSTNATAL FOLLOW-UP

The American College of Gynecologists (ACOG) recommends continued support as needed with a comprehensive visit no later than 12 weeks after birth⁸

The American Academy of Pediatricians recommends integrating PPD screening and surveillance at the 1-, 2-, 4-, and 6-month well-child visits.^{9,10}

Without addressing PPD, symptoms may persist for months or up to a year.¹¹⁻¹³

ABOUT THE PHQ-9 AND INSTRUCTIONS FOR USE



The Patient Health Questionnaire (PHQ-9) is a simple-to-administer, effective screening tool specifically designed to assess symptoms of major depressive disorder, but commonly used to assess symptoms of PPD. Clinicians can quickly score the PHQ-9 once the patient has completed its **9 questions**. Administering the PHQ-9 repeatedly allows for assessment of improvement or worsening of depression in response to treatment.

SCORING¹⁴

Count the number (#) of boxes circled in a column. Multiply that number by the value indicated below, then add the subtotal to produce a total score. The possible range is 0–27. Use the table below to interpret the PHQ-9 score.

Not at all (#) ____ x 0 = ____	More than half the days (#) ____ x 2 = ____
Several days (#) ____ x 1 = ____	Nearly every day (#) ____ x 3 = ____
Total score: ____	

INTERPRETING PHQ-9 SCORES¹⁴

DIAGNOSIS	TOTAL SCORE	FOR SCORE	ACTION
Minimal Depression	0–4	≤4	The score suggests the patient may not need treatment for depression.
Mild Depression	5–9	5–14	Physician uses clinical judgment about treatment, based on patient's duration of symptoms and functional impairment.
Moderate Depression	10–14		
Moderately Severe Depression	15–19	>14	Warrants treatment for depression, using antidepressant, psychotherapy, and/or a combination of treatment.
Severe Depression	20–27		

Any woman answering the self-harm question affirmatively should be referred to a psychiatrist immediately.¹⁵

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