## PHQ-9 SYMPTOM CHECKLIST

Over the <u>last 2 weeks</u> how often hat been bothered by the following pr		Not at all 0	Several days 1	More than half the days 2	Nearly every day 3
a. Little interest or pleasure in doing	things				
b. Feeling down, depressed or hopele	ess				
c. Trouble falling or staying asleep or sleeping too much					
d. Feeling tired or having little energy					
e. Poor appetite or overeating					
f. Feeling bad about yourself or that a failure	you are				
g. Trouble concentrating on things, such as reading					
h. Moving or speaking so slowly					
i. Thoughts that you would be better	off dead				
If you checked off any problems on t	ne list above, how <u>difficult</u> have t	these problems made it for yo	u to do your work,	ake care of matters at home, or	get along with
other people? Not difficult at all	Somewhat difficult	Moderately difficult	difficult	Very difficult	Extremely
				TOTALS:	
1. Over the <u>last 2 weeks</u> how often ha	ve you	HQ-9 SYMPTOM CHECKLI Not at all	Several days	More than half the days	Nearly every day
been bothered by the following pr	ve you oblems?	Not	Several	half the	every
a. Little interest or pleasure in doing	ve you oblems? things	Not at all	Several days	half the days	every day
a. Little interest or pleasure in doing b. Feeling down, depressed or hopele	ve you oblems? things	Not at all	Several days	half the days	every day
a. Little interest or pleasure in doing	ve you oblems? things	Not at all	Several days	half the days	every day
a. Little interest or pleasure in doing b. Feeling down, depressed or hopele c. Trouble falling or staying asleep o	ve you oblems? things ess r sleeping	Not at all	Several days	half the days	every day
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been bothered by the following pr  a. Little interest or pleasure in doing b. Feeling down, depressed or hopele c. Trouble falling or staying asleep of too much d. Feeling tired or having little energy e. Poor appetite or overeating f. Feeling bad about yourself or that a failure g. Trouble concentrating on things, so reading h. Moving or speaking so slowly i. Thoughts that you would be better  If you checked off any problems on to other people? Not difficult	ve you oblems? things ess r sleeping  y you are such as off dead he list above, how difficult have t	Not at all 0	Several days  1	half the days 2	every day 3