PHQ-15

Patient Health Questionnaire-15 (PHQ-15)

The PHQ-15 is a 15-item self-report questionnaire designed to measure the severity of common somatic symptoms over the past 4 weeks. It is widely used in primary care, clinical psychology, and research to screen for somatic symptom burden, particularly in presentations of somatization, somatic symptom disorder, functional pain, or comorbid anxiety and depression. Its main value is to offer a quick, standardized, change-sensitive measure for identifying the subjective impact of physical complaints and monitoring their course. It is a screening and monitoring tool, not a diagnostic instrument on its own.

Number of questions	15 questions
Estimated duration	3 minutes
Language	English
Original name	Patient Health Questionnaire-15
Target audience	Adults
Authors	Kurt Kroenke, Robert L. Spitzer, Janet B. W. Williams (2002)

Preview of the 15 questions

During the past 4 weeks, how much have you been bothered by any of the following problems?

Stomach pain

Not bothered at all | Bothered a little | Bothered a lot

During the past 4 weeks, how much have you been bothered by any of the following problems?

Back pain

Not bothered at all | Bothered a little | Bothered a lot

During the past 4 weeks, how much have you been bothered by any of the following problems?

Pain in your arms, legs, or joints (knees, hips, etc.)

Not bothered at all | Bothered a little | Bothered a lot

During the past 4 weeks, how much have you been bothered by any of the following problems?

Menstrual cramps or other problems with your periods

Women only

Not bothered at all | Bothered a little | Bothered a lot

During the past 4 weeks, how much have you been bothered by any of the following problems?

Headaches

Not bothered at all | Bothered a little | Bothered a lot

Administer your questionnaires online

Send your patient a link: they answer from their phone or computer, and you receive the scored results by email.

View the questionnaire on mentaal.org ›

Scoring & interpretation

Score each item from 0 to 2 according to how bothered the person has been during the past 4 weeks: 0 = Not bothered at all, 1 = Bothered a little, 2 = Bothered a lot. Add up the 15 items to obtain a total score from 0 to 30. Usual interpretation cutoffs: 5 = low severity, 10 = medium severity, 15 = high severity of somatic symptoms. The higher the score, the greater the symptom burden; interpretation should be integrated into the medical and psychological context.

Are you a psychologist?

With Mentaal, get meaningful insights to support your patients.

- Standardized tests
- Automatic scoring
- Results sent by email

Try it for free | See all questionnaires

★★★★★

“I now use the platform every day, it's so comprehensive, reliable and remarkably easy to use.”

Laura V. - Online Psychologist