


# Patient Health Questionnaire (PHQ-9)

The PHQ-9 is a standardized assessment tool used to measure the severity of depression. It is commonly used to diagnose and monitor depressive symptoms in patients.

| | |
|---|---|
| Number of questions | 9 questions |
| Estimated duration | 2 minutes |
| Language | English |
| Original name | Patient Health Questionnaire |
| Category | Depression |

## Preview of the 9 questions

Over the last 2 weeks, how often have you been bothered by any of the following problems?

**Little interest or pleasure in doing things**

Not at all | Several days | More than half the days | Nearly every day

Over the last 2 weeks, how often have you been bothered by any of the following problems?

**Feeling down, depressed, or hopeless**

Not at all | Several days | More than half the days | Nearly every day

Over the last 2 weeks, how often have you been bothered by any of the following problems?

**Trouble falling or staying asleep, or sleeping too much**

Not at all | Several days | More than half the days | Nearly every day

Over the last 2 weeks, how often have you been bothered by any of the following problems?

**Feeling tired or having little energy**

Not at all | Several days | More than half the days | Nearly every day

Over the last 2 weeks, how often have you been bothered by any of the following problems?

**Poor appetite or overeating**

Not at all | Several days | More than half the days | Nearly every day

### 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 ›

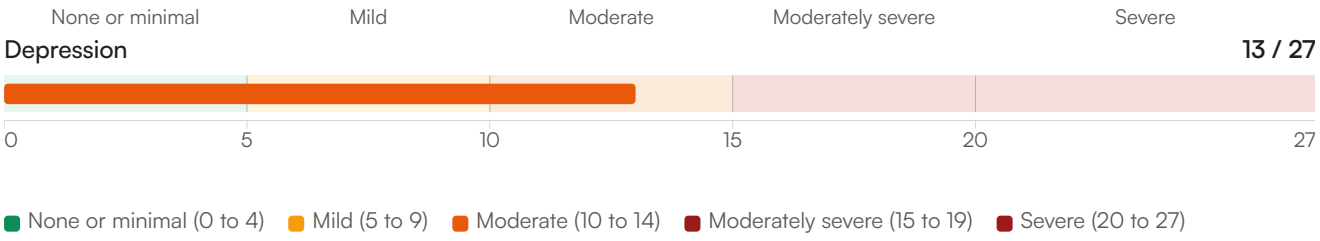
## Scoring & interpretation

Scoring example

**Scoring**

**Score: 13/27**

| | |
|---|---|
| 0 — 4 | None or minimal |
| 5 — 9 | Mild depression |
| **10 — 14** | **Moderate depression** ◀ 13 |
| 15 — 19 | Moderately severe depression |
| 20 — 27 | Severe depression |



## Are you a psychologist?

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- Standardized tests
- Automatic scoring
- Results sent by email

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★★★★★

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

 Julie V. - Online Psychologist