

Patient Health Questionnaire - PHQ-9

Name: _____

Date of Birth: _____

Please complete and hand to the professional seeing you at your appointment.

Write the date when you filled in the form here: _____

Over the <u>last 2 weeks</u> , how often have you been bothered by any of the following problems? (Please circle or "✓" to indicate your answer)	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 in some way.....	0	1	2	3

Column totals: ___ + ___ + ___

= **Total Score** _____

If you have been bothered by any of the problems listed above, please answer the following: 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**
☐

**Somewhat
difficult**
☐

**Very
difficult**
☐

**Extremely
difficult**
☐

From the Primary Care Evaluation of Mental Disorders Patient Health Questionnaire (PRIME-MD PHQ). The PHQ was developed by Drs. Robert L. Spitzer, Janet B.W. Williams, Kurt Kroenke and colleagues. All rights reserved. Reproduced with permission

Continued - Please turn over.....

Column totals: ___ + ___ + ___
= **Total Score** _____

Thank you for completing this! Your answers are confidential. Please return the form to the professional seeing you at the time you are seen for your appointment.

Notes for Professionals

PHQ-9 Depression Severity

Guide to scores (and action) for the 9 items range 0 to 27.

0-4 = none

6-10 = mild (watchful waiting, repeat PHQ-9 at follow up)

11-15 = moderate (consider talking treatments or medication)

16-20 = moderately severe depression (start talking treatments and/or medication)

20-27 = severe depression (start talking treatments and medication, specialist input)

GAD-7 Anxiety Severity.

GAD-7 total score for the seven items ranges from 0 to 21.

0-5 mild

6-10 moderate

11-15 moderately severe anxiety

16-21 severe anxiety.

Use

Use routinely at entry to service (eg sent out with appointment letter) and follow up as appropriate (at discretion of professional eg at 3-6 months and/or discharge from service).

Should only be used as part of a comprehensive assessment, as a guide to care, not as a replacement for the professional's clinical judgement.

Advantages of using rating scales

Ensure symptoms are assessed (re improved diagnosis, treatment and care pathway).

Help determine severity (symptoms and functioning).

Monitor progress.

Recommended by NICE (National Institute of Health and Clinical Excellence) – eg depression (2022), anxiety (2011) and common mental health disorders (2011) as part of the stepped care approach.

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Recommended and used routinely by IAPT (Improving access to psychological therapies) – allowing good communication between step 3 (high intensity CBT) and step 4 (specialist care).

Recommended by Trust Mental Health Services as good practice.

Likely to be important in future quality indicators eg PBR with LYPFT.

Reference

NICE-indicated Treatments for Depression & Anxiety <http://www.iapt.nhs.uk/silo/files/iapt-data-handbook-appendicies-v2-word-version.doc> The IAPT Data Handbook Including the IAPT Data Standard Version 2.0.1 (standards 37 & 38), 2011 <http://www.iapt.nhs.uk/search/?keywords=gad+7>

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