ARE YOU FEELING DEPRESSED?

Many people think of depression as simply being sad. But it's more than sadness. It's a combination of multiple symptoms. Complete the questionnaire below and discuss your answers at your next doctor appointment. This is not a complete diagnostic tool, so be sure to talk with your healthcare provider about all of your depressive symptoms.

Adapted from The Patient Health Questionnaire (PHQ-9) Over the last 2 weeks, how often have you been bothered by any of the following problems?	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

If you selected **any** problems on this questionnaire so far, mark how **difficult** these problems have made it for you to do your work, take care of things at home, or get along with other people.

ADD COLUMNS _____ + _____ + _____

TOTAL _____

- ☐ Not difficult at all
- ☐ Somewhat difficult
- ☐ Very difficult
- ☐ Extremely difficult

For healthcare professionals:

Because this questionnaire relies on patient self-report, all responses should be verified by the clinician. A definitive diagnosis should be made on clinical grounds, taking into account how well the patient understood the questionnaire, as well as other relevant information from the patient. Be sure to exclude the effects of a substance or medical condition that may better account for the symptoms.