



## Patient Health Questionnaire

Date: \_\_\_\_\_

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

**(Check box)**

|   | Not at all<br>-<br>0 | Several<br>days -<br>1 | More<br>than<br>half the<br>days - 2 | Nearly<br>every<br>day -<br>3 |
|---|----------------------|------------------------|--------------------------------------|-------------------------------|
| Little interest or pleasure in doing things |                      |                        |                                      |                               |
| Feeling down, depressed or hopeless         |                      |                        |                                      |                               |

**Please complete this table if you answered anything but 0 for the first 2 questions:**

|   | Not at all<br>-<br>0 | Several<br>days -<br>1 | More<br>than<br>half the<br>days - 2 | Nearly<br>every<br>day -<br>3 |
|---|----------------------|------------------------|--------------------------------------|-------------------------------|
| Trouble falling or staying asleep, or sleeping too much                                       |                      |                        |                                      |                               |
| Feeling tired or having little energy   |                      |                        |                                      |                               |
| Poor appetite or overeating   |                      |                        |                                      |                               |
| Feeling bad about yourself or that you are a failure or have let yourself or your family down |                      |                        |                                      |                               |
| Trouble concentrating on things eg reading, watching TV                                       |                      |                        |                                      |                               |
| Moving or speaking so slowly that other people notice or the opposite, being so fidgety       |                      |                        |                                      |                               |
| Thoughts that you would be better off dead or hurting yourself in some way                    |                      |                        |                                      |                               |

