

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/staying asleep, 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
TOTAL: _____				
10. If you checked off <u>any</u> problems, how <u>difficult</u> have these problems made it for you to do your academic work, take care of things personally, or get along with other people?				
Not difficult at all	Somewhat difficult	Very difficult	Extremely difficult	
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	

How to understand your total PHQ-9 Screening Score.

This screening is not designed to provide a comprehensive assessment or diagnosis of depression. Only a qualified physician or mental health provider can provide a complete assessment and diagnosis of depression. Regardless of your screening score, if these symptoms are providing you any difficulties in your academic, personal, or social life, you may very well benefit from seeing a counselor at the Student Counseling Center for a more complete evaluation. Feel free to contact the Student Health and Counseling Center at 704-892-2451 for an appointment.

Read this if your screening result is between 0 and 9:

Your screen results indicate that **you have few or no symptoms of depression**. However, if these symptoms remain a difficulty or concern, you may still benefit from seeing a counselor at the Student Counseling Center for an evaluation and subsequent counseling.

Read this if your screening result is between 10 and 14:

Your screen results are consistent with **mild to moderate symptoms of depression**. You may very likely benefit from seeing a counselor at the Student Counseling Center for a more complete evaluation and subsequent counseling. Although many individuals cope well with symptoms like yours, effective treatments for depression are available to help reduce your symptoms and improve your quality of life.

Read this if your screening result is between 15 and 27:

Your screen results are consistent with **many of the symptoms of depression**. You are encouraged to see a physician or a qualified mental health professional as soon as possible for a complete assessment. Although individuals may cope well with symptoms like yours, effective treatments for depression are available to help reduce your symptoms and improve your quality of life. A mental health professional or your physician can advise you about whether you can benefit from treatment and describe different treatment alternatives.

Read this if you answered "*Several days*", "*More than half the days*", or "*Nearly every day*" to question #9.

Your screen results indicate that you may be at risk for harming yourself or someone else. **Please call the Student Counseling Center at 704-892-2451, call 911, or go immediately to the nearest hospital emergency room.**