

Depression diagnostic and Severity Measure (PHQ-8)

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

| | Eight symptom checklist | Not at all | Several days | More than half the days | Nearly every day |
|---|---|------------|--------------|-------------------------|------------------|
| 1 | Little interest or pleasure in doing things. PHQ010 FMT_PHQ_OFTEN. | 0 | 1 | 2 | 3 |
| 2 | Feeling down, depressed, or hopeless. PHQ020 FMT_PHQ_OFTEN. | 0 | 1 | 2 | 3 |
| 3 | Trouble falling or staying asleep, or sleeping too much. PHQ030 FMT_PHQ_OFTEN. | 0 | 1 | 2 | 3 |
| 4 | Feeling tired or having little energy. PHQ040 FMT_PHQ_OFTEN. | 0 | 1 | 2 | 3 |
| 5 | Poor appetite or overeating PHQ050 FMT_PHQ_OFTEN. | 0 | 1 | 2 | 3 |
| 6 | Feeling bad about yourself - or that you are a failure or have let yourself or your family down PHQ060 FMT_PHQ_OFTEN. | 0 | 1 | 2 | 3 |
| 7 | Trouble concentrating on things, such as reading the newspaper or watching television PHQ070 FMT_PHQ_OFTEN. | 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 PHQ080 FMT_PHQ_OFTEN. | 0 | 1 | 2 | 3 |

(For office coding: Total Score _____ = _____ + _____ + _____)

9. If you checked off any problems, 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? PHQ090 FMT_PHQ090_.

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.