



**STANFORD  
PATIENT EDUCATION  
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**Personal Health Questionnaire Depression Scale (PHQ-9)**

Over the **last 2 weeks**, how often have you been bothered by any of the following problems?  
(circle **one** number on each line)

How often during the past 2 weeks were you bothered by...	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

**Scoring**

If two consecutive numbers are circled, score the higher (more distress) number. If the numbers are not consecutive, do not score the item. Score is the sum of the 9 items. If more than 1 item missing, set the value of the scale to missing. A score of 15 or greater is considered major depression, 20 or more is severe major depression.

## Characteristics

Tested on 344 subjects with diabetes.

No. of items	Observed Range	Mean	Standard Deviation	Internal Consistency Reliability	Test-Retest Reliability
9	0-23	6.40	5.73	.88	NA

## Source of Psychometric Data

English-language Diabetes Self-Management Study (not yet published).

## Comments

This scale available in Spanish.

## References

Kroenke K, Spitzer RL, Williams JB, The PHQ-9: Validity of a brief depression severity measure, *Journal of General Internal Medicine*. 2001, 16(9): pp.606-13.

Kroenke K, Spitzer RL, The PHQ-9: A new depression and diagnostic severity measure, *Psychiatric Annals*. 2002, 32: pp. 509-21.

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