NUHS
National University
Health System

Regional
Health System
Office

Patient Health Questionnaire (PHQ-2)

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

(use "√" to indicate your answer)

	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

PHQ-2 Score	Suggested next steps
0 – 3	Continue self-monitoring of symptoms
>3	Continue to complete PHQ-9

Patient Health Questionnaire (PHQ-9)

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

(use "√" to indicate your answer)

	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.	0	1	2	3

Next Steps

PHQ-9 Score	Suggested next steps
0 – 4	• Continue self-monitoring of symptoms. • If symptoms continue to persist after 2 weeks, to consider re-administering PHQ9.
5 – 9	• Visit the nearest Community Health Post for easy access to health services • Visit AIC website for mental health resources
10 – 14	• Visit the nearest Community Health Post; OR • Visit National University Polyclinic (NUP) for psychology services
15 – 19	• Visit AIC website for mental health resources
20 – 27	• Visit National University Polyclinic (NUP) for psychology services • Visit nearest Emergency Department if there is presence of suicidal thoughts.