

Patient Health Questionnaire 2 (PHQ-2)

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

(use “V” 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 9 (PHQ-9)

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

(use “v” 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

PHQ-9 Score	Suggested next steps
0 – 4	<ul style="list-style-type: none"> • Continue self-monitoring of symptoms. • If symptoms continue to persist after 2 weeks, to consider re-administering PHQ9.
5 – 9	<ul style="list-style-type: none"> • Visit the nearest Community Health Post • Visit AIC website for mental health resources
10 – 14	<ul style="list-style-type: none"> • Visit the nearest Community Health Post; OR • Visit National University Polyclinic (NUP) for psychology services
15 – 19	<ul style="list-style-type: none"> • Visit AIC website for mental health resources
20 – 27	<ul style="list-style-type: none"> • Visit National University Polyclinic (NUP) for psychology services • Visit nearest Emergency Department if there is presence of suicidal thoughts.