



MIRACLE Counseling

Patient Health Questionnaire (PHQ-9)

Patient Name _____ DOB _____ Female _____
 Provider Name _____ Date _____ Male _____ Other _____

The PHQ-9 is the 9-item depression module from the full The Patient Health Questionnaire (PHQ) which is designed to be entirely self-administered by a patient.

Over the past 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.				
2. Feeling down, depressed, or hopeless.				
3. Trouble falling asleep, staying asleep, or sleeping too much.				
4. Feeling tired or having little energy.				
5. Poor appetite or overeating.				
6. Feeling bad about yourself - or that you're a failure or have let yourself or your family down.				
7. Trouble concentrating on things, such as reading the newspaper or watching television.				
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.				
9. Thoughts that you would be better off dead or of hurting yourself in some way.				



NOTES: