



BLUES & BEYOND
SUPPORTING PERINATAL
MENTAL HEALTH

PATIENT HEALTH QUESTIONNAIRE-9

DEVELOPED BY DRs. ROBERT L. SPITZER, JANET B.W WILLIAMS, KURT KROENKE AND COLLEAGUES, WITH AN EDUCATIONAL GRANT FROM PFIZER INC.

Over the last two 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
• Little interest or pleasure in doing things	0	1	2	4
• Feeling down, depressed or hopeless	0	1	2	4
• Trouble falling or staying asleep, or sleeping too much	0	1	2	4
• Feeling tired or having little energy	0	1	2	4
• Poor appetite or overeating	0	1	2	4
• Feeling bad about yourself, or that you are a failure or have let yourself/your family down	0	1	2	4
• Trouble concentrating on things, such as reading the newspaper or watching television	0	1	2	4
• 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	4
• Thoughts that you would be better off dead or of hurting yourself in some way	0	1	2	4

CODING: 0 + + +

Total=

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?

Not difficult at all Somewhat difficult Very difficult Extremely difficult



PHQ-9 Scores

Score: 2-4 or more questions circled in the shaded area
- must include either Question 1 or Question 2, or both



Consider the possibility of a depressive disorder (Add the total score below for severity)

Score: 4 or more questions circled in the shaded area



Consider Major Depressive Disorder

Score: 5 or more questions circled in the shaded area
- must include either Question 1 or Question 2, or both



Consider Other Depressive Disorder

PHQ-9 Total Scores

Add up all circled values on page 1

Total Score	Depression Severity
1-4	Minimal depression
5-9	Mild depression
10-14	Moderate depression
15-19	Moderately severe depression
20-27	Severe depression

If you are experiencing anything mentioned on page one, consider speaking to trusted family/ friends, booking a session with a mental health professional or visit our website at www.bluesandbeyond.ca for referrals to local services, coping tips and worksheets