

How to Score PHQ-9

Scoring Method For Diagnosis

Major Depressive Syndrome is suggested if:

- Of the 9 items, 5 or more are circled as at least "More than half the days"
- Either item 1a or 1b is positive, that is, at least "More than half the days"

Minor Depressive Syndrome is suggested if:

- Of the 9 items, b, c, or d are circled as at least "More than half the days"
- Either item 1a or 1b is positive, that is, at least "More than half the days"

Scoring Method For Planning And Monitoring Treatment

Question One

- To score the first question, tally each response by the number value of each response:

Not at all = 0

Several days = 1

More than half the days = 2

Nearly every day = 3

- Add the numbers together to total the score.
- Interpret the score by using the guide listed below:

| Score | Action |
|--------|--|
| ≤4 | The score suggests the patient may not need depression treatment. |
| > 5-14 | Physician uses clinical judgment about treatment, based on patient's duration of symptoms and functional impairment. |
| ≥15 | Warrants treatment for depression, using antidepressant, psychotherapy and/or a combination of treatment |

Question Two

In question two the patient responses can be one of four: not difficult at all, somewhat difficult, very difficult, extremely difficult. The last two responses suggest that the patient's functionality is impaired. After treatment begins, the functional status is again measured to see if the patient is improving.