

The Eight-Item Patient Health Questionnaire for Depression (PHQ-8)

(Kroenke et al., 2009)

Instructions: Over the last two weeks, how often have you been bothered by the following problems?

0 to 1 day = "not at all," 2 to 6 days = "several days," 7 to 11 days = "more than half the days," and 12 to 14 days = "nearly every day,"

1. Little interest or pleasure in doing things
2. Feeling down, depressed, or hopeless
3. Trouble falling or 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 are 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 not have noticed. Or the opposite – being fidgety or restless that you have been moving around a lot more than usual

Scoring Instructions:

Total score is determined by adding together the scores of each of the four items. Scores are rated as normal (0-2), mild (3-5), moderate (6-8), and severe (9-12).

Total score ≥ 3 for first 2 questions suggests anxiety.

Total score ≥ 3 for last 2 questions suggests depression.

Citation:

Kroenke K, Strine, TW, Spitzer RL, Williams JB, Berry JT, Mokdad AH. The PHQ-8 as a measure of current depression in the general population. *Journal of Affective Disorders*. 2009;114(1-3):163-73.