

Mood Scale

Recognising depression isn't always easy. This Patient Health Questionnaire has been created as a quick assessment of your mood and to check if you are showing any of the *main* signs for depression.

It's not the same as a diagnosis for depression. Only your GP or health professional can do that. If you have been feeling really low and think you might be depressed you should go to your GP. Take the results of this test along with you - you can use them as a starting point in your discussion.

Patient Health Questionnaire*

	Over the last 2 weeks, how often have you been bothered by any of the following problems? Tick one box for one row	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 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 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.				
Total checked on each column					
Work out scores for each column		x 0 = 0	x 1 =	x 2 =	x 3 =

Add up the total for each column to make your total score: _____

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