

# Patient Health Questionnaire 9 PHQ9

THIS IS A TEST SURVEY - DO NOT ENTER ANY REAL PARTICIPANT DATA.

## PATIENT HEALTH QUESTIONNAIRE-9 (PHQ-9)

**Over the last 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 everyday
1. Little interest or pleasure in doing things	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
2. Feeling down, depressed, or hopeless	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
3. Trouble falling asleep/staying asleep, sleeping too much	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
4. Feeling tired or having little energy	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
5. Poor appetite or overeating	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
6. Feeling bad about yourself - or that you are a failure or have let yourself or your family down	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
7. Trouble concentrating on things, such as reading the newspaper or watching television	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
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	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
9. Thoughts that you would be better off dead or hurting yourself in some way	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

Your answers suggest that depression is an important problem for you. You should schedule an appointment and discuss these feelings with a health professional as soon as you can. Depression affects many people. There are good treatments for it.

For immediate assistance, you can also call the Ontario Mental Health Helpline 1-866-531-2600. If you are experiencing a personal crisis, please call 911, visit your local emergency room, or contact your family doctor.

If these thoughts of death or suicide are longstanding and not ones you wish to act on, then it is fine to complete these questionnaires. If your distress is more acute, please feel free to stop answering these questions at any time.

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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