

PHQ-9 Quiz

The PHQ-9 (Patient Health Questionnaire-9) is a widely used tool for screening, diagnosing, and measuring the severity of depression. It consists of 9 questions that ask about the frequency of various symptoms over the past two weeks. Here's a breakdown of the questions and the scoring system:

PHQ-9 Questions

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

1. Little interest or pleasure in doing things

- | | |
|--|---|
| <input type="checkbox"/> a) Not at all | <input type="checkbox"/> c) More than half the days |
| <input type="checkbox"/> b) Several days | <input type="checkbox"/> d) Nearly every day |

2. Feeling down, depressed, or hopeless

- | | |
|--|---|
| <input type="checkbox"/> a) Not at all | <input type="checkbox"/> c) More than half the days |
| <input type="checkbox"/> b) Several days | <input type="checkbox"/> d) Nearly every day |

3. Trouble falling or staying asleep, or sleeping too much

- | | |
|--|---|
| <input type="checkbox"/> a) Not at all | <input type="checkbox"/> c) More than half the days |
| <input type="checkbox"/> b) Several days | <input type="checkbox"/> d) Nearly every day |

4. Feeling tired or having little energy

- | | |
|--|---|
| <input type="checkbox"/> a) Not at all | <input type="checkbox"/> c) More than half the days |
| <input type="checkbox"/> b) Several days | <input type="checkbox"/> d) Nearly every day |

5. Poor appetite or overeating

- | | |
|--|---|
| <input type="checkbox"/> a) Not at all | <input type="checkbox"/> c) More than half the days |
| <input type="checkbox"/> b) Several days | <input type="checkbox"/> d) Nearly every day |

6. Feeling bad about yourself — or that you are a failure or have let yourself or your family down

- | | |
|--|---|
| <input type="checkbox"/> a) Not at all | <input type="checkbox"/> c) More than half the days |
| <input type="checkbox"/> b) Several days | <input type="checkbox"/> d) Nearly every day |



PHQ-9 Quiz

The PHQ-9 (Patient Health Questionnaire-9) is a widely used tool for screening, diagnosing, and measuring the severity of depression. It consists of 9 questions that ask about the frequency of various symptoms over the past two weeks. Here's a breakdown of the questions and the scoring system:

PHQ-9 Questions

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

7. Trouble concentrating on things, such as reading the newspaper or watching television:

- | | |
|--|---|
| <input type="checkbox"/> a) Not at all | <input type="checkbox"/> c) More than half the days |
| <input type="checkbox"/> b) Several days | <input type="checkbox"/> d) Nearly every day |

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="checkbox"/> a) Not at all | <input type="checkbox"/> c) More than half the days |
| <input type="checkbox"/> b) Several days | <input type="checkbox"/> d) Nearly every day |

9. Thoughts that you would be better off dead, or of hurting yourself in some way:

- | | |
|--|---|
| <input type="checkbox"/> a) Not at all | <input type="checkbox"/> c) More than half the days |
| <input type="checkbox"/> b) Several days | <input type="checkbox"/> d) Nearly every day |



PHQ-9 Scoring Interpretation

The PHQ-9 (Patient Health Questionnaire-9) is a widely used tool for screening, diagnosing, and measuring the severity of depression. It consists of 9 questions that ask about the frequency of various symptoms over the past two weeks. Here's a breakdown of the questions and the scoring system:

PHQ-9 Scoring Key

- Each response is scored from 0 to 3, where:
 - ★ Not at all = 0
 - ★ Several days = 1
 - ★ More than half the days = 2
 - ★ Nearly every day = 3
- Add up the scores from each question to get a total score ranging from 0 to 27.

Score interpretation

- ★ 0-4: Minimal or none
- ★ 5-9: Mild depression
- ★ 5-9: Mild depression
- ★ 10-14: Moderate depression
- ★ 20-27: Severe depression

This scoring helps in understanding the severity of depressive symptoms and can guide further assessment and treatment planning. For a comprehensive diagnosis, it's important to consult with a healthcare provider.

Recommendations Based on Score

1. Score 0-4 (Minimal Depression):

- ★ **Recommendation:** No immediate concern, but it's still important to practice good self-care. Monitor your mood periodically to catch any early signs of emotional changes.
- ★ **Suggestions:** Continue with regular physical activity, relaxation techniques, and maintaining healthy social connections.

2. Score 5-9 (Mild Depression):

- ★ **Recommendation:** Mild depressive symptoms are present. It may be helpful to address these symptoms before they worsen. Consider self-help strategies and lifestyle changes to manage your mood.
- ★ **Suggestions:** Engage in regular physical exercise, mindfulness practices, or journaling. Increasing social support, engaging in pleasurable activities, and stress management techniques may help alleviate mild symptoms.

3. Score 10-14 (Moderate Depression):

- ★ **Recommendation:** Moderate depression may impact daily functioning. At this level, professional intervention is recommended, such as therapy or counseling to manage the symptoms and prevent them from becoming more severe.
- ★ **Suggestions:** Cognitive Behavioral Therapy (CBT) is effective at this stage. Speak to a mental health professional to explore treatment options. Monitoring and improving sleep, diet, and exercise can also be helpful. If symptoms interfere significantly with your daily life, consult a healthcare provider.



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PHQ-9 Scoring Interpretation

Recommendations Based on Score

4. Score 15-19 (Moderately Severe Depression):

- ★ **Recommendation:** Moderately severe depression is likely affecting many areas of life. It is important to seek professional support and possibly consider a combination of therapy and medication to address the symptoms.
- ★ **Suggestions:** Consult a healthcare provider about possible treatment options, including medication (e.g., antidepressants). Regular counseling or therapy sessions can help in managing the underlying issues. Immediate action is needed to reduce the risk of the symptoms worsening.

5. Score 20-27 (Severe Depression):

- ★ **Recommendation:** Severe depression requires urgent professional intervention, as it is likely severely impairing your ability to function. Immediate treatment with a healthcare provider is crucial, and it may involve a combination of therapy and medication.
- ★ **Suggestions:** A psychiatrist may recommend medications to stabilize mood, and intensive therapy (e.g., Cognitive Behavioral Therapy or Dialectical Behavioral Therapy) is strongly advised. In some cases, hospitalization or intensive outpatient therapy may be necessary to ensure safety and proper care. If suicidal thoughts are present, seek immediate help from a healthcare provider or emergency services.

Next Steps Based on Recommendations

- ★ **Self-care:** Regardless of the score, practicing self-care is essential. Regular physical activity, balanced nutrition, good sleep hygiene, and mindfulness practices can help manage depression symptoms.
- ★ **Therapy:** Cognitive Behavioral Therapy (CBT), Dialectical Behavioral Therapy (DBT), and mindfulness-based therapies are commonly recommended for managing depression.
- ★ **Medication:** Depending on the severity, a healthcare provider may suggest medications like antidepressants, particularly for moderate to severe depression.
- ★ **Life Modifications:** Establishing a daily routine, connecting with supportive friends and family, and focusing on enjoyable activities can help reduce depressive symptoms.
- ★ **Follow-up:** It's important to track progress over time, so retaking the PHQ-9 periodically can help measure improvement and identify if further intervention is needed.

If the PHQ-9 score indicates moderate or severe depression, it is advisable to consult a healthcare provider or mental health professional to discuss a tailored treatment plan.

