SEVERITY MEASURE FOR DEPRESSION (ADULT)

The Severity Measure for Depression—Adult (adapted from the Patient Health Questionnaire-9 [PHQ-9]) is a self-rated 9-item measure that assesses the severity of depressive symptoms in individuals age 18 and older.

The measure is completed by the individual prior to a visit with the clinician. Each item asks the individual to rate the severity of his/her depression during the last 7 days.

INSTRUCTIONS FOR SCORING

Sum up your scores for all nine items.

INTERPRETATION OF SCORES

<table>
<thead>
<tr>
<th>Total Score</th>
<th>Levels of depressive symptoms severity</th>
</tr>
</thead>
<tbody>
<tr>
<td>0-4</td>
<td>None</td>
</tr>
<tr>
<td>5-9</td>
<td>Mild Depression</td>
</tr>
<tr>
<td>10-14</td>
<td>Moderate Depression</td>
</tr>
<tr>
<td>15-19</td>
<td>Moderately severe depression</td>
</tr>
<tr>
<td>20-27</td>
<td>Severe depression</td>
</tr>
</tbody>
</table>

KEY REFERENCE

The original measure was developed by Drs. Robert L. Spitzer, Janet B.W. Williams, Kurt Kroenke and colleagues, with an educational grant from Pfizer Inc.

TIME TAKEN TO COMPLETE

5 minutes
SEVERITY MEASURE FOR DEPRESSION (ADULT)

Over the last 7 days, how often have you been bothered by any of the following problems?

3 = Nearly every day
2 = More than half the days
1 = Several days
0 = Not at all

_____ Little interest or pleasure in doing things.
_____ Feeling down, depressed, or hopeless.

Trouble falling or staying asleep, or sleeping too much.

_____ Feeling tired or having little energy.
_____ Poor appetite or overeating.

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

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

_____ Spent lots of time making decisions, putting off making decisions, or preparing for situations, due to worries.

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

_____ Total