

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.

INTEPRETATION OF SCORES

Total Score	Levels of depressive symptoms severity
0-4	None
5-9	Mild Depression
10-14	Moderate Depression
15-19	Moderately severe depression
20-27	Severe depression

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

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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**