

PHYSICIAN DEPRESSION QUESTIONNAIRE (PDQ-9)

Instructions:

This questionnaire consists of several statements. Read each statement carefully, then pick the number that best describes the way you have been feeling during the past two weeks, including today. See the Table below for interpreting your score.

Over the <u>last 2 weeks</u> , how often have you been bothered by any of the following problems?	Not at all	Several days	More than half the days	Nearly every day
Little interest or pleasure in doing things	0	1	2	3
Feeling down or depressed	0	1	2	3
Trouble falling or staying asleep, or sleeping too much	0	1	2	3
Feeling tired or having little energy	0	1	2	3
Poor appetite or overeating	0	1	2	3
Feeling bad about yourself — or that you are a failure or have let yourself or your family down	0	1	2	3
Trouble concentrating on things, such as reading the newspaper or watching television	0	1	2	3
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	0	1	2	3
Thoughts that you would be better off dead or of hurting yourself in some way	0	1	2	3

_____ **Total Score**

Interpreting PDQ-9 Scores:

This questionnaire estimates the overall severity of depression experienced by the patient according to the categories shown in the table below. If you scored in the 10-14 range, you should probably seek treatment. If you scored a 15 or higher, seeking treatment is strongly recommended.

<i><u>Raw score</u></i>	<i><u>Range of severity</u></i>
0-5	Not Present
5-9	Minimal symptoms of depression reported
10-14	Moderate symptoms of depression reported
15-19	Moderately Severe symptoms of depression reported
20-27	Severe symptoms of depression reported

Source: American Foundation for Suicide Prevention