



Patient Health Questionnaire-2 (PHQ-2) for Depression

The Patient Health Questionnaire-2 (PHQ-2) for Depression is a brief screening tool used to detect depression and provide an indication of the need for additional review by the person's general practitioner (GP) or a mental health professional.

The purpose of the tool is not to establish a diagnosis or monitor depression severity.^{1,2}

PHQ-2

Instructions

The PHQ-2 can be used either as a regular screening tool, where there are concerns about a participant's/worker's low mood, or where they appear unable to enjoy preferred activities. The person indicates how frequently they have been bothered by each problem over the past two weeks. This is scored on a four-point Likert scale from 0 (not at all) to 3 (nearly every day). Individual scores are added together, resulting in a total score from 0 to 6.

Question: Over the past two weeks 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
Having little interest of pleasure in doing things	0	1	2	3
Feeling down, depressed or hopeless	0	1	2	3

Developed by Drs. Robert L. Spitzer, Janet B.W. Williams, Kurt Kroenke, et al., with an educational grant from Pfizer Inc. No permission required to reproduce, translate, display or distribute

Scores of ≥ 3 indicate increased risk of depression, you should:

- Refer to a GP or mental health professional for further assessment
- Follow up the referral in two weeks

References

1. Kroenke K, Spitzer RL, Williams JBW, Löwe B. The Patient Health Questionnaire somatic, anxiety, and depressive symptom scales: a systematic review. *Gen Hosp Psychiatry* 2010 (in press).
2. Kroenke K, Spitzer RL, Williams JBW. The Patient Health Questionnaire-2: validity of a two-item depression screener. *Med Care* 2003; 41:1284-1292.