

Wellbeing Sessions Questionnaires

Practice:
Initials:

Date:

Session: 1 4 F

PHQ-9

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

1-4 minimal depression 5-9 Mild depression 10-14 Moderate Depression
15-19 Moderately severe depression 20-27 Severe depression