

Mood Questionnaire

Over the last 2 weeks how often have you been bothered by any of the following problems? Click on the circle to indicate your answer.

1. Little interest or pleasure in doing things
 0- Not at all
 1- Several days
 2- More than half the days
 3- Nearly every day
 2. Feeling down, depressed, or hopeless
 0- Not at all
 1- Several days
 2- More than half the days
 3- Nearly every day
 3. Trouble falling or staying asleep, or sleeping too much
 0- Not at all
 1- Several days
 2- More than half the days
 3- Nearly every day
 4. Feeling tired or having little energy
 0- Not at all
 1- Several days
 2- More than half the days
 3- Nearly every day
 5. Poor appetite or overeating
 0- Not at all
 1- Several days
 2- More than half the days
 3- Nearly every day
 6. Feeling bad about yourself -- or that you are a failure or have let yourself or your family down
 0- Not at all
 1- Several days
 2- More than half the days
 3- Nearly every day
 7. Trouble concentrating on things, such as reading the newspaper or watching television
 0- Not at all
 1- Several days
 2- More than half the days
 3- Nearly every day
 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- Not at all
 1- Several days
 2- More than half the days
 3- Nearly every day
 9. Thoughts that you would be better off dead or of hurting yourself in some way
 0- Not at all
 1- Several days
 2- More than half the days
 3- Nearly every day
- If you checked off any problems, how difficult have these problems made it for you to do your work, take care of things at home, or get along with other people?
- 1- Not difficult at all
 - 2- Somewhat difficult
 - 3- Very difficult
 - 4- Extremely difficult

Kroenke K, Spitzer RL, Williams JB. The PHQ-9: Validity of a Brief Depression Severity Measure. J Gen Intern Med. 2001 September; 16(9): 606-613.