GARDEN PSYCH

2088 US HWY 130, SUITE 105, MONMOUTH JUNCTION, NJ 08852

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**PHQ-9: Adult Self Report**

Name:\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Clinician: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Date: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Instructions: Over the last 2 weeks, how often have you been bothered by any of the following problems? (Please check the boxes below)

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
|  | **(0)****Not At All** | **(1)****Several Days** | **(2)****More Than Half the Days** | **(3)****Nearly Every Day** |
| 1. Little interest or pleasure in doing things? | 🖵 | 🖵 | 🖵 | 🖵 |
| 2. Felling down, depressed or hopeless? | 🖵 | 🖵 | 🖵 | 🖵 |
| 3. Trouble falling or staying asleep, or sleeping too much | 🖵 | 🖵 | 🖵 | 🖵 |
| 4. Feeling tired or having little energy?  | 🖵 | 🖵 | 🖵 | 🖵 |
| 5. Poor appetite or overeating | 🖵 | 🖵 | 🖵 | 🖵 |
| 6. Feeling bad about yourself – or feeling that you are a failure, or that you have let yourself or your family down? | 🖵 | 🖵 | 🖵 | 🖵 |
| 7. Trouble concentrating on things, such as reading the newspaper or watching TV? | 🖵 | 🖵 | 🖵 | 🖵 |
| 8. Moving or speaking so slowly that other people could have noticed?  Or the opposite – being so fidgety or restless that you were moving around a lot more than usual? | 🖵 | 🖵 | 🖵 | 🖵 |
| 9. Thoughts that you would be better off dead, or of hurting yourself in some way? | 🖵 | 🖵 | 🖵 | 🖵 |
| If you are experiencing any of the problems on this form, 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?   [ ] Not difficult at all [ ] Somewhat difficult [ ] Very difficult [ ] Extremely difficult |
| Has there been a time in the **past month** when you have had serious thoughts about ending your life? [ ] Yes [ ] No |
| Have you **EVER**, in your WHOLE LIFE, tried to kill yourself or made a suicide attempt? [ ] Yes [ ] No |

\*\*If you have had thoughts that you would be better off dead or of hurting yourself in some way, please discuss this with your Health Care Clinician, go to a hospital emergency room or call 911