NUVIA HEALTH

# PATIENT HEALTH QUESTIONNAIRE

**Name:** **Date of Birth:** **Provider:** **Date:**

Part of routine screening for your health includes reviewing mood and emotional concerns. Please answer each question as honestly as possible.

## PHQ-2 Screening

**During the past two weeks,** have you often been bothered by the following problems?

1. Feeling down, depressed, irritable, or hopeless? ☐ Yes ☐ No
2. Little interest or pleasure in doing things? ☐ Yes ☐ No

**If you answered "Yes" to either question above, please complete the PHQ-9 below.**

## PHQ-9 Assessment

| Over the past 2 weeks, how often have you been bothered by the following problems? | Not at All (0) | Several Days (1) | More Than Half the Days (2) | Nearly Every Day (3) |
|---|---|---|---|---|
| 1. Little interest or pleasure in doing things | ☐ | ☐ | ☐ | ☐ |
| 2. Feeling down, depressed, irritable, or hopeless | ☐ | ☐ | ☐ | ☐ |
| 3. Trouble falling or staying asleep, or sleeping too much | ☐ | ☐ | ☐ | ☐ |
| 4. Poor appetite, weight loss, or overeating | ☐ | ☐ | ☐ | ☐ |
| 5. Feeling tired or having little energy | ☐ | ☐ | ☐ | ☐ |
| 6. Feeling bad about yourself — or feeling you are a failure or have let yourself or your family down | ☐ | ☐ | ☐ | ☐ |
| 7. Trouble concentrating on things, like reading the newspaper or watching television | ☐ | ☐ | ☐ | ☐ |
| 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 | ☐ | ☐ | ☐ | ☐ |

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| Over the past 2 weeks, how often have you been bothered by the following problems? | Not at All (0) | Several Days (1) | More Than Half the Days (2) | Nearly Every Day (3) |
|---|---|---|---|---|
| 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 others?

☐ Not difficult at all ☐ Somewhat difficult ☐ Very difficult ☐ Extremely difficult

| For Office Use Only — Total Score: | |
|---|---|

*PHQ-2 and PHQ-9 adapted tool*