

Identification and Treatment of Major Depressive Disorder (MDD) for Adults

PHQ-9 Scoring Card for Severity Determination

For healthcare professional use only

Scoring – add up all checked boxes on PHQ-9

For every “√”:

“Not at all” = 0; “Several days” = 1; “More than half the days” = 2; “Nearly every day” = 3

Interpretation of Total Score

Total Score	Depression Severity
1-4	Minimal depression
5-9	Mild depression
10-14	Moderate depression
15-19	Moderately severe depression
20-27	Severe depression

To monitor severity over time for newly diagnosed patients or patients in current treatment for depression:

1. Patients may complete questionnaires at baseline and at regular intervals (e.g., every 2 weeks) at home and bring them in at their next appointment for scoring or they may complete the questionnaire during each scheduled appointment.
2. Add up √s by column. For every √:
“Several days” = 1; “More than half the days” = 2; “Nearly every day” = 3
3. Add together column scores to get a TOTAL score.
4. Refer to the accompanying PHQ-9 Scoring Card to interpret the **TOTAL** score.
5. Results may be included in patients’ files to assist you in setting up a treatment goal, determining degree of response, as well as guiding treatment intervention.
6. If a positive response on Question #9, conduct additional suicide risk assessment. It should be determined/distinguished whether the patient is conveying passive thoughts that he/she would be better off dead or active thoughts of self harm.

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