

**Depression Screening Tool**

This is a screening measure to help you determine whether you might have depression that needs professional attention. This screening tool is not designed to make a diagnosis of depression but to be shared with your primary care physician or mental health professional to inform further conversations about diagnosis and treatment.

**Directions:**

1. Complete the provided form
2. Print out the results
3. Share them with your health care provider to determine a diagnosis

**Over the last two weeks, how often have you been bothered by any of the following problems?**

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
|  | Not at all | Several days | More than half of the days | Nearly every day |
| 1. Little interest or pleasure in doing things |  |  |  |  |
| 2. Feeling 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 that you are a failure or have let yourself or your family down |  |  |  |  |
| 7. Trouble concentrating on things such as 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 more than usual |  |  |  |  |
| 9. Thoughts that you would be better off dead or of hurting yourself in some way |  |  |  |  |

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| **If you clicked on any problems above, how difficult have they 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

Please print this completed form and share it with your health care provider to determine a diagnosis.

For more information, visit us at www.adaa.org or contact us at [information@adaa.org](mailto:information@adaa.org)

Reference: Based on Patient Health Questionnaire-9 (PHQ-9) Developed by Drs. Robert L. Spitzer, Janet B.W. Williams, Kurt Kroenke, and colleagues, with an educational grant from Pfizer Inc.