



## PHQ Adolescent

Date: \_\_\_\_\_

Name: \_\_\_\_\_ Date of Birth: \_\_\_\_\_

Instructions: How often have you been bothered by each of the following symptoms during the past **two weeks**? For each symptom put an "X" in the box beneath the answer that best describes how you have been feeling.

	Not at all	Several days	More than half the days	Nearly every day
1 - Little interest or pleasure in doing things?				
2 - Feeling down, depressed, irritable or hopeless?				
3 - Trouble falling asleep, staying asleep or sleeping too much?				
4 - Feeling tired, or having little energy?				
5 - Poor appetite, weight loss, 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 like school work, reading 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?				
	0	1	2	3

0-4 minimal depression, 5-9 mild depression, 10-14 moderate depression, 15-21 severe depression

In the <b>past year</b> have you felt depressed or sad most days, even if you felt okay sometimes?			
Yes	No		
If you are experiencing any of the problems on this form, how <b>difficult</b> 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 <b>EVER</b> , in your <b>WHOLE LIFE</b> , 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.

Office use only:	Severity score:
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