## Mercy Employee Assistance Program

## **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.

## 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	0	1	2	3
2.	Feeling down, depressed, or hopeless	0	1	2	3
3.	Trouble falling or staying asleep, or sleeping too much	0	1	2	3
4.	Feeling tired or having little energy	0	1	2	3
5.	Poor appetite or overeating	0	1	2	3
6.	Feeling bad about yourself—or that you are a failure or have let yourself or your family down	0	1	2	3
7.	Trouble concentrating on things such as reading the newspaper or watching television	0	1	2	3
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	0	1	2	3
9.	Thoughts that you would be better off dead or of hurting yourself in some way	0	1	2	3
Tot	Total Checked				

If you checked 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 of
---

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	

Share results with your health care provider to determine a diagnosis or contact your EAP.

## **Your Employee Assistance Program**

800.413.8008 #2 or 314.729.4600 #2 | mbh-eap.com/members

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.