



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?

Table with 5 columns: Problem description, Not at All, Several days, More than half of the days, Nearly every day. Rows include items like 'Little interest or pleasure in doing things' and 'Feeling down, depressed, or hopeless'.

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 difficult

Table with 2 columns: Total Score, Depression Severity. Rows map score ranges (1-4, 5-9, 10-14, 15-19, 20-27) to severity levels (Minimal, Mild, Moderate, Moderately severe, Severe).

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.