

## Overview of the Patient Health Questionnaire

- The PHQ-9 is a nine item depression scale that can be useful with assisting Health Care Professional (HCP) in diagnosing depression and monitoring treatment response.
- The nine items of the PHQ-9 are based directly on the nine diagnostic criteria for major depressive disorder in the DSM-IV.
- The PHQ-9 can help track a client’s overall depression severity as well as the specific symptoms that are improving or not with treatment.
- The PHQ-9 is a reliable and valid measure of depression severity

### Administering the PHQ -9

- First, administer the “depression screen”. The PHQ-2 (the first 2 questions of the PHQ-9) is considered the depression screen.

Over the last two weeks, how often have you been bothered by any of the following problems?	Not at all	Several days	More than ½ the days	Nearly every day
1. Little interest in doing things	0	1	2	3
2. feeling down, depressed or hopeless	0	1	2	3

- If the patient scores “Not at all” and/or “several days” for *both* questions, no further action is required
- If the patient score “More than half the days” and/or “Nearly every day” for *either* question, proceed with the rest of the questions

- The PHQ-9 can be administered in person, by telephone or self-administered

### Quick Facts and Benefits of the PHQ-9

- It can be administered by any type of Health Care Provider (HCP)
- It was designed for use in primary health settings
- It can be completed by a patient without assistance from a HCP
- The PHQ-9 is appropriate for adults 19 years of age and older and an Adolescent version is available
- A Depression Care Algorithm accompanies the PHQ-9 and directs the HCP with how to proceed with a standardized process for care of depression
- The PHQ-9 is shorter than other scales and is based on the *last two weeks*
- The PHQ-9 can be re-administered for those with depression as a tool for monitoring progress over a long period of time
- The Adult and Adolescent PHQ-9 and Depression Care Algorithm may be found on the R-Drive for SCHR employees at R:\Presentations\HQC CDMC II\HQC CDMC II Binder Appendices\Depression Files
- Uses both Client-Centered and Stepped-Care Models
- Fits with best Practices in Depression Care and Cognitive Behavioural Therapy
- Patients benefit from early detection by having less severe depression prior to treatment as well as improved outcomes if all HCP’s speak the same language regarding their condition