

Administering the PHQ-2

The Patient Health Questionnaire – 2 (PHQ-2)

INSTRUCTIONS

Ask the patient to complete the questionnaire, or have a staff member (e.g., medical assistant) ask the patient these questions.

SCOPE

The purpose of the PHQ-2 is not to establish a final diagnosis or to monitor depression severity, but rather to screen for depression as a “first-step” approach.

SCORING

A PHQ-2 score ranges from 0 to 6; patients with scores of 1 or more should be further evaluated with the [PHQ-9](#) or in a direct interview to determine whether or not they meet criteria for a depressive disorder.

Over the past 2 weeks, how often have you been bothered by any of the following problems?	Not at all	Several days	More than one-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