

UBMD PHQ-9 Questionnaire

<p>Over the past two weeks, how often have you been bothered by the following problems?</p>	<p>Not at all (0)</p>	<p>Several days (1)</p>	<p>Half of days or more (2)</p>	<p>Nearly every day (3)</p>
Little interest or pleasure in doing things				
Feeling down, depressed, irritable, or hopeless				
Trouble falling or staying asleep or sleeping too much				
Feeling tired or having little energy				
Poor appetite or overeating				
Feeling bad about yourself or feeling that you are a failure or have let yourself or your family down				
Trouble concentrating on things, like reading the newspaper or watching television				
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				
Thoughts that you would be better off dead or of hurting yourself in some way				
<p>If you are experiencing any of the problems on this form, how difficult have these problems made it for you to work, take care of things at home or get along with other people?</p> <p> <input type="checkbox"/> Not difficult at all <input type="checkbox"/> Somewhat difficult <input type="checkbox"/> Very difficult <input type="checkbox"/> Extremely difficult </p>				