

For the PHQ-9 – Patient Health Questionnaire 9

The Patient Health Questionnaire 9 (PHQ-9) is a simple, easy to use multipurpose instrument for screening, diagnosing, monitoring, and measuring the severity of depression.

- The PHQ-9 incorporates DSM diagnostic criteria with other leading major depressive symptoms into a brief self-report tool.
- The tool rates the frequency of the symptoms which factors into the scoring severity index.
- Question 9 on the PHQ-9 screens for the presence and duration of suicide ideation.
- A follow up, non-scored question on the PHQ-9 screens and assigns weight to the degree to which depressive problems have affected the patient's level of function.
- This tool can also help to guide providers in the appropriate treatment decisions.
- This assessment is scored based on members self-report, so it is imperative that clinicians verify all responses.

Resources

The PHQ-9 tool along with instruction for scoring and diagnosis can be accessed by clicking here

[file:///C:/Users/A372218/Downloads/PHQ%20-%20Questions%20\(2\).pdf](file:///C:/Users/A372218/Downloads/PHQ%20-%20Questions%20(2).pdf)

courtesy of the US Preventative Services Task Force

To view informational video, click the link below

<https://www.psychcongress.com/multimedia/phq-9-gold-standard-depression-assessment>

If providers have any questions related to the PHQ-9 or the links, please contact our Behavioral Health Clinical Liaison, Regina Bell. You may reach her via email: BellR@aetna.com or call her at 959-230-8607 (office)