Over the last 2 weeks, how often have you been bothered by the following problems?

1. Little interest or pleasure in doing things

\_\_ 0 \_\_ 1 \_\_ 2 \_\_ 3

Not at all Several days More than half Nearly every day

the days

1. Feeling down, depressed, or hopeless

\_\_ 0 \_\_ 1 \_\_ 2 \_\_ 3

Not at all Several days More than half Nearly every day

the days

1. Trouble falling or staying asleep, or sleeping too much

\_\_ 0 \_\_ 1 \_\_ 2 \_\_ 3

Not at all Several days More than half Nearly every day

the days

1. Feeling tired or having little energy

\_\_ 0 \_\_ 1 \_\_ 2 \_\_ 3

Not at all Several days More than half Nearly every day

the days

1. Poor appetite or overeating

\_\_ 0 \_\_ 1 \_\_ 2 \_\_ 3

Not at all Several days More than half Nearly every day

the days

1. Feeling bad about yourself — or that you are a failure or have let yourself or your family down

\_\_ 0 \_\_ 1 \_\_ 2 \_\_ 3

Not at all Several days More than half Nearly every day

the days

1. Trouble concentrating on things, such as reading the newspaper or watching television

\_\_ 0 \_\_ 1 \_\_ 2 \_\_ 3

Not at all Several days More than half Nearly every day

the days

1. Moving or speaking so slowly that other people could have noticed. Or the opposite – being so fidgety or restless that you have been moving around a lot more than usual

\_\_ 0 \_\_ 1 \_\_ 2 \_\_ 3

Not at all Several days More than half Nearly every day

the days

\_\_\_\_\_\_ + \_\_\_\_\_\_ + \_\_\_\_\_\_ + \_\_\_\_\_\_ = Total Score \_\_\_\_\_\_

## Scoring

If two consecutive numbers are circled, score the higher (more distress) number. If the numbers are not consecutive, do not score the item. Score is the sum of the 8 items. If more than 1 item missing, set the value of the scale to missing. A score of 10 or greater is considered major depression, 20 or more is severe major depression.

## Characteristics

Tested on 1165 subjects with chronic conditions.

| No. of items | Observed Range | Mean | Standard Deviation | Internal Consistency Reliability | Test-Retest Reliability |
| --- | --- | --- | --- | --- | --- |
| 8 | 0-24 | 6.63 | 5.52 | .86 | NA |

## Source of Psychometric Data

U.S. National Chronic Disease Self-Management Study. Study described in Ory MG, Ahn S, Jiang L, Lorig K, Ritter P, Laurent DD, Whitelaw N, Smith ML. National study of chronic disease self-management: six-month outcome findings. J Aging Health. 2013;25(7):1258-1274.

## Comments

This is an adaptation of the PHQ-9 scale. Since this scale is self-administered in our studies, question #9, "How often during the past 2 weeks were you bothered by thoughts that you would be better off dead, or of hurting yourself in some way?", was deleted. This scale available in Spanish.

## References

Kroenke K, Strine TW, Spritzer RL, Williams JB, Berry JT, Mokdad AH. The PHQ-8 as a measure of current depression in the general population. J Affect Disord. 2009; 114(1-3):163-73.

Razykov I, Ziegelstein RC, Whooley MA, Thombs BD. The PHQ-9 versus the PHQ-8--is item 9 useful for assessing suicide risk in coronary artery disease patients? Data from the Heart and Soul Study. J Psychosom Res. 2012; 73(3):163-168.

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