

Depression Screener

What are depression screeners?

They are instruments used for screening, monitoring, and measuring the severity of depression

Links to screeners

[PHQ-4](https://www.phqscreeners.com/images/sites/g/files/g10060481/f/201412/English_3.pdf)—https://www.phqscreeners.com/images/sites/g/files/g10060481/f/201412/English_3.pdf

[PHQ-9](https://www.phqscreeners.com/images/sites/g/files/g10060481/f/201412/PHQ-9_English.pdf)—https://www.phqscreeners.com/images/sites/g/files/g10060481/f/201412/PHQ-9_English.pdf

How to use it / Who should administer

It is a self-report measure, however the clinician should follow-up on responses that indicate depressive symptoms to ensure the patient understood the question and to learn the context behind their responses. A PHQ alone should not be used for diagnosis of depression. It must be accompanied with a clinical conversation. For example, if someone's pet just died last week or if someone is newly pregnant and experiencing nausea/sleepiness/mood changes, their PHQ score might be high but it may not indicate depression.

How to interpret / Next steps

Interpretation of Total Score:

1-4 = Minimal depression

5-9 = Mild depression

10-14 = Moderate depression

15-19 = Moderately severe depression

20-27 = Severe depression

[Specifics to interpreting PQ-9](#)