PATIENT HEALTH QUESTIONNAIRE – 9
(PHQ – 9)

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Name:_____ **Address:** _____

Your Date of Birth: _____ _____

Baby's DOB or Due Date: _____ **Phone:** _____

Referring Provider: _____ **Phone:** _____

By completing the PATIENT HEALTH QUESTIONNAIRE – 9 (PHQ-9), I _____ am consenting to the exchange of my information
First and Last Name
between California Health Collaborative's Maternal Wellness program and the referring provider. _____
Signature /Date

Over the last 2 weeks, how often have you been bothered by any of the following problems? *(Use "✔" to indicate your answer)*	**Not at all**	**Several days**	**More than half 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
3. Trouble falling or staying asleep, or sleeping too much	0	1	2	3
4. Feeling tired or having little energy	0	1	2	3
5. Poor appetite or overeating	0	1	2	3
6. Feeling bad about yourself — or that you are a failure or have let yourself or your family down	0	1	2	3
7. Trouble concentrating on things, such as reading the newspaper or watching television	0	1	2	3
8. 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
9. Thoughts that you would be better off dead or of hurting yourself in some way	0	1	2	3

***Total Score*_____ = _____+_____+_____+_____**

If you checked off any problems, how difficult have these problems made it for you to do your work, take care of things at home, or get along with other people?

Not difficult at all ☐ **Somewhat difficult** ☐ **Very difficult** ☐ **Extremely difficult** ☐