

Patient Health Questionnaire (PHQ)-2

The PHQ-2 includes the first two items of the PHQ-9. The PHQ-2 has the advantage of easy to administer, training time is minimal and subject acceptance is high.

The purpose of PHQ-2 is not to establish diagnosis or to define severity, but rather to screen for depression in a “first step” approach.

As a screening tool, the PHQ-2 has similar performance to the PHQ-9 in identifying older adults with depression. Scores for PHQ-2 range from 0-6. A PHQ-2 score of 3 or more has a sensitivity of 84% and a specificity of 90% for a major depression¹⁴³. Patients with positive screen for PHQ-2 should be further evaluated by PHQ-9 or other validated tools.

在過去兩個星期, 你有多經常受以下問題困擾?				
(請用「v」勾選你的答案)	完全 沒有	幾天	一半以上 的天數	近乎 每天
1. 做任何事都覺得沉悶或者根本不想做任何事	0	1	2	3
2. 情緒低落、抑鬱或絕望	0	1	2	3