

# Patient Health Questionnaire

## Patient Health Questionnaire (PHQ)-9

The Patient Health Questionnaire (PHQ) was primarily developed for use in primary care setting. The Chinese version of PHQ-9 has been translated and validated locally.

The PHQ-9 scoring system can be used for disease severity stratification and monitoring. The change of symptom frequency and severity can be reflected by the change of scores, and thus it can also be used to monitor the change of depressive symptoms with treatments.

在過去兩個星期, 你有多經常受以下問題困擾?				
(請用「√」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
3. 難於入睡; 半夜會醒或相反地睡覺時間過多	0	1	2	3
4. 覺得疲倦或活力不足	0	1	2	3
5. 胃口極差或進食過量	0	1	2	3
6. 不喜歡自己 - 覺得自己做得不好、對自己失望或有負家人期望	0	1	2	3
7. 難於集中精神做事, 例如看報紙或看電視	0	1	2	3
8. 其他人反映你行動或說話遲緩; 或者相反地, 你比平常活動更多- 坐立不安、停不下來	0	1	2	3
9. 想到自己最好去死或者自殘	0	1	2	3
(1-9題) 總分				
Scoring				
Normal	Mild	Moderate	Moderately severe	Severe
0-4	5-9	10-14	15-19	≥20