CAROLINA FAMILY HEALTH CENTERS, INC.

PHQ -9 MODIFIED FOR TEENS

NAME:_____ **CLINICIAN:**_____

DATE:_____

INSTRUCTIONS: How often have you been bothered by each of the following symptoms during the past **two weeks**? For each symptom, put an "X" in the box beneath the answer that best described how you have been feeling.

	Not at all	Several Days	More Than Half the Days	Nearly Every Day
1. Feeling down, depressed, irritable or hopeless?				
2. Little interest or pleasure in doing things?				
3. Trouble falling asleep, staying asleep or sleeping too much?				
4. Poor appetite, weight loss or overeating?				
5. Feeling tired or having little energy?				
6. Feeling bad about yourself or feeling that you are a failure or that you have let yourself or your family down?				
7. Trouble concentrating on things like school work, reading or watching TV?				
8. Moving or speaking so slowly that other people could have noticed? Or opposite – being so fidgety or restless that you were moving around a lot more than usual?				
9. Thoughts that you would be better off dead or of hurting yourself in some way?				

In the **past year**, have you felt depressed or sad most days, even if you felt okay sometimes?

( ) Yes ( ) No

If you are experiencing any of the problems on this form, 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

Has there been a time in the **past month** when you have had serious thoughts about ending your life?

( ) Yes ( ) No

Have you **EVER**, in your WHOLE LIFE, tried to kill yourself or made a suicide attempt?

( ) Yes ( ) No

***If you have had thoughts that you would be better of dead or of hurting yourself in some way, please discuss this with your Health Care Clinician, go to a hospital emergency room or call 911.*

OFFICE USE ONLY: Severity Score _____

Modified with permission by the GLAD-PC Team from the PHQ-9 (Spitzer, William & Kroenke, 1999)
Revised PHQ-A (Johnson 2002) & the CDS (DISC Development Group, 2000)
Guidelines for Adolescent Depressions in Primary Care, Version 2, 2010.