



PHQ-9 SCORING AND NEXT-STEPS SHEET

For adults scoring their own PHQ-9. Use it with the official questionnaire; this sheet does not replace it.

Who this sheet is for: This sheet is for adults (18 and older) scoring their own answers. It is not designed for children or teens: they are screened with a different version of the questionnaire, and their results are best reviewed with a parent and a clinician.

1. Answer the nine questions

Use the official PHQ-9 form (the developers' free form, linked below as hosted by the American Psychological Association), or take it on our site at scienceworkshealth.com/phq-9. Each answer has a score: **Not at all = 0 · Several days = 1 · More than half the days = 2 · Nearly every day = 3**

[Official PHQ-9 form \(PDF\)](#) · scienceworkshealth.com/phq-9

2. Write in your scores and add them up

Q1	/3	Q2	/3	Q3	/3	Q4	/3	Q5	/3	Q6	/3	Q7	/3	Q8	/3	Q9	/3	Total (add questions 1 to 9)	/ 27
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Question 10 is not scored. Tick how difficult these problems have made work, home or getting along with people:

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

3. Check question 9 before anything else

Important: If you marked anything other than "Not at all" on question 9 (thoughts that you would be better off dead or of hurting yourself in some way), treat it as a screening flag that needs follow-up by a qualified professional, even if your total is low.

If you are in immediate danger or think you might act on these thoughts, call **911** (US) or your local emergency number now.

In the US you can also call or text **988** (Suicide & Crisis Lifeline), 24/7. If you are outside the US, please contact your local crisis service.

4. Find your range

0-4	None-minimal	Symptoms are in the none-minimal range. If symptoms are concerning or persistent, consider talking with a professional.
5-9	Mild	Symptoms are in the mild range. Consider monitoring and/or discussing supports and stressors with a professional if this is impacting your life.
10-14	Moderate	Symptoms are in the moderate range. Many people benefit from talking with a healthcare or mental health professional about next steps.
15-19	Moderately severe	Symptoms are in the moderately severe range. Consider reaching out to a qualified professional for assessment and support.
20-27	Severe	Symptoms are in the severe range. It's important to connect with a qualified professional promptly for assessment and support.

5. Choose a next step

- **0-9, question 9 is 0, and daily life is manageable:** re-take the PHQ-9 in 2-4 weeks to track change, and sooner if something shifts.
- **10 or more, daily life is very or extremely difficult, or symptoms have lasted more than two weeks:** talk with a professional. Bring this sheet with you.
- **Ready to talk?** Book a free consultation with ScienceWorks: scienceworkshealth.com/contact
- **Want a clinical answer, not just a score?** See what a psychological assessment involves: scienceworkshealth.com/psychological-assessments

If question 9 was above 0, use step 3 first. A consultation request is not a crisis service.

PHQ-9 developed by Drs. Robert L. Spitzer, Janet B.W. Williams, Kurt Kroenke and colleagues, with an educational grant from Pfizer Inc. "No permission required to reproduce, translate, display or distribute." Severity ranges: Kroenke K, Spitzer RL, Williams JBW. J Gen Intern Med. 2001;16:606-613. This sheet is an original ScienceWorks scoring guide and does not reproduce the questionnaire.

Disclaimer

This sheet is for informational and educational purposes only and is **not medical advice**, diagnosis, or treatment. It cannot diagnose depression and is not a substitute for a full evaluation.

About ScienceWorks

ScienceWorks is a family-owned, psychologist-led practice built to provide complete care for all neurotypes. We specialize in ADHD and autism; along with commonly co-occurring conditions such as OCD, trauma, insomnia, anxiety, depression, and more.

Our mission is to help you achieve your goals while embracing your individuality. By understanding the different ways that you think, feel, and learn, we'll use our diverse clinical expertise to align with your strengths while supporting your needs. We provide assessments, therapy, and coaching for individuals, couples, and families ages 12+.

To learn more, please contact us for a free consultation: www.scienceworkshealth.com/contact