

PHQ-9 MODIFIED FOR ADOLESCENTS (PHQ-A)

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. Feeling down, depressed, irritable, or hopeless?	0	1	2	3
2. Little interest or pleasure in doing things?	0	1	2	3
3. Trouble falling or staying asleep, or sleeping too much?	0	1	2	3
4. Poor appetite, weight loss, or overeating?	0	1	2	3
5. Feeling tired or having little energy?	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 like schoolwork, reading, or watching TV?	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: _____

A score of 4 or higher indicates the presence of depressive symptoms and **seeking help is recommended**.

If you'd like to schedule an appointment with Bright Futures Psychiatry, [click here](https://www.brightfuturespsychiatry.com/appointment-request/) to complete the appointment request form or visit <https://www.brightfuturespsychiatry.com/appointment-request/>.

If your score was 1 or higher on question 9, please do not stay silent, seek immediate medical attention.

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 off dead or hurting yourself in some way, please discuss this with your Health Care Clinician, go to a hospital emergency room or call 911.