

## Depression Screener

### **What are depression screeners?**

They are instruments used for screening, monitoring, and measuring the severity of depression

### **Links to screeners**

[PHQ-4](https://www.phqscreeners.com/images/sites/g/files/g10060481/f/201412/English_3.pdf)—[https://www.phqscreeners.com/images/sites/g/files/g10060481/f/201412/English\\_3.pdf](https://www.phqscreeners.com/images/sites/g/files/g10060481/f/201412/English_3.pdf)

[PHQ-9](https://www.phqscreeners.com/images/sites/g/files/g10060481/f/201412/PHQ-9_English.pdf)—[https://www.phqscreeners.com/images/sites/g/files/g10060481/f/201412/PHQ-9\\_English.pdf](https://www.phqscreeners.com/images/sites/g/files/g10060481/f/201412/PHQ-9_English.pdf)

### **How to use it / Who should administer**

It is a self-report measure, however the clinician should follow-up on responses that indicate depressive symptoms to ensure the patient understood the question and to learn the context behind their responses. A PHQ alone should not be used for diagnosis of depression. It must be accompanied with a clinical conversation. For example, if someone's pet just died last week or if someone is newly pregnant and experiencing nausea/sleepiness/mood changes, their PHQ score might be high but it may not indicate depression.

### **How to interpret / Next steps**

Interpretation of Total Score:

1-4 = Minimal depression

5-9 = Mild depression

10-14 = Moderate depression

15-19 = Moderately severe depression

20-27 = Severe depression

[Specifics to interpreting PQ-9](#)