



Patient Health Questionnaire (PHQ) Depression Screening Tool

Purpose. The Patient Health Questionnaire (PHQ) is designed to facilitate the recognition and diagnosis of the most common mental disorders in primary care patients. For patients with a depressive disorder, a PHQ Depression Screening Tool score can be calculated and repeated over time to monitor change.

**Use the tool with your patient in either a written or verbal form.
The following is the scoring of the tool**

Score

1 – 4 (Minimal)

5 – 9 (Mild)

10 – 14 (Moderate)

15 – 19 (Moderately Severe)

20 – 27 (Severe)

If your patient scores a 10 or above, please consider these talking points with your patient:

- Your employer may have an EAP (employee assistance program) where you can make an appointment with a counselor. An EAP provides several sessions at no cost to the employee. These visits are confidential. Your employer does not know when a specific employee uses the EAP.
- For Insurance benefit information to make an appointment with a behavioral health provider, please call 1-800-558-4409, option 3. Customer Service can assist you in identifying a participating mental health professional and give you information regarding your benefits for these services.

Questions adapted from the Prime MD Today Patient Health Questionnaire.