

PHQ-4

Over the last 2 weeks, how often have you been bothered by the following problems?

(Use "✓" to indicate your answer)

Not
at all

Several
days

More than
half the
days

Nearly
every day

1. Feeling nervous, anxious or on edge

0

1

2

3

2. Not being able to stop or control worrying

0

1

2

3

3. Little interest or pleasure in doing things

0

1

2

3

4. Feeling down, depressed, or hopeless

0

1

2

3

(For office coding: Total Score T____ = ____ + ____ + ____)