



Below is a free depression screening test for you to complete if you believe that you might suffer from depression. If your scores in Part 1, indicate that you have a strong or high possibility that you suffer depression anxiety please complete Part 2 of the test and email our answers to: wecare@advancedassessments.co.uk before booking an assessment by calling 0208 2000078. You will require a formal three hour diagnostic assessment with a chartered psychologist specialising in depression to confirm a diagnosis of depression. The chartered psychologist will use their clinical judgment and a range of tests which are only available to chartered psychologists to confirm a diagnosis and produce your report.

Part 1

PHQ-9 Depression

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

(Use "✓" to indicate your answer"

	Not all	at Several days	More than half the days	Nearly every day
1. Little interest or pleasure in doing things.....	0	1	2	3
2. Feeling down, depressed, or hopeless.....	0	1	2	3
3. Trouble falling or staying asleep, or sleeping too much.....	0	1	2	3
4. Feeling tired or having little energy.....	0	1	2	3
5. Poor appetite or overeating.....	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, such as reading the newspaper or watching television.....	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

Column totals ___ + ___ + ___ + ___

= **Total Score** _____



From the Primary Care Evaluation of Mental Disorders Patient Health Questionnaire (PRIME-MD PHQ). The PHQ was developed by Drs. Robert L. Spitzer, Janet B.W. Williams, Kurt Kroenke and colleagues. For research information, contact Dr. Spitzer at rls8@columbia.edu. PRIME-MD® is a trademark of Pfizer Inc. Copyright© 1999 Pfizer Inc. All rights reserved. Reproduced with permission

Scoring notes.

- **PHQ-9 Depression Severity**

Scores represent: **0-5 = mild 6-10 = moderate 11-15 = moderately severe 16-20 = severe depression**

Part 2: Please provide details of specific triggers and details of any medication you are taking.

To book a full assessment and cognitive behavioural therapy or counselling contact:

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