

## PHQ-9 Scoring Instructions and Interpretation

### Scoring

Add the scores indicated for each item in each column and add the columns together for the Total score.

### Interpretation of Total Score and Treatment Suggestions

Score	Range	Treatment
0-4	Normal	No action
5-9*	Mild	Watchful Waiting; Consider scheduling a follow-up visit in a few weeks, patient education, or discuss counseling as an option
10-14	Mild-Moderate	Patient education, counseling or active treatment
15-19	Moderate	Active Treatment for most
20+	Severe	Combination treatments and/or referral to behavioral health

\*Call the emergency provider in behavioral health for any patient who indicates intention or plan to hurt self or someone else