



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

	Not at all (0)	Several days (1)	More than half the time (2)	Nearly every day (3)
a. Little interest or pleasure in doing usual activities	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
b. Feeling down, depressed, or hopeless	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
c. Trouble falling/staying asleep, sleeping too much	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
d. Feeling tired or having little energy	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
e. Poor appetite or overeating	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
f. Feeling bad about yourself, or that you are a failure, or have let yourself or your family down	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
g. Trouble concentrating; e.g., difficulty with reading the newspaper or watching TV	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
h. 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 more than usual.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
i. Thoughts that you would be better off dead or of hurting yourself in some way.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

**2. If you checked off any problems on this questionnaire so far, how difficult have these problems made it for you to do your work, take care of things at home, or get along with other people?**

Not difficult at all (0)   Somewhat difficult (1)   Very difficult (2)   Extremely difficult (3)

       

**SCORING**

**How to Score the Patient Health Questionnaire (PHQ)**

- **Major depressive disorder is suggested if:**
  - Of the nine items, five or more are checked as at least "more than half the days"
  - Either item a. or b. is positive; that is, at least "more than half the days"
- **Other depressive syndrome is suggested if:**
  - Of the nine items, a., b., or c. are checked as at least "more than half the days"
  - Either item a. or b. is positive; that is, at least "more than half the days"

**Scoring the PHQ-9**

**Scoring – add up all checked boxes on PHQ-9**  
 For every box checked:  
 Not at all = 0  
 Several days = 1  
 More than half the days = 2  
 Nearly every day = 3

**Guide for Interpreting PHQ Scores**

Score	Action
0-4	Suggests the patient may not need depression treatment
5-14	Mild major depressive disorder. Physician uses clinical judgment about treatment based on patient's duration of symptoms and functional impairment.
15-19	Moderate-major depressive disorder. Warrants treatment for depression using antidepressant, psychotherapy, or a combination of treatment.
20+	Severe major depressive disorders. Warrants treatment with antidepressant, with or without psychotherapy, follow frequently.

Heading	Sign of dementia	Normal age-related change
Memory loss	Forgetting recently learned information. Others include forgetting important dates or events; asking for the same information over and over; increasingly needing to rely on memory aides (e.g., reminder notes or electronic devices) or family members for things they used to handle on their own.	Sometimes forgetting names or dates but remembering later
Planning, problem solving	Planning or sequencing problems. Difficulty with following a familiar recipe or keeping track of monthly bills. They may have difficulty concentrating and take much longer to do things than they did before.	Making occasional errors when balancing a cheque book.
Difficulty completing familiar tasks at home, at work or at leisure	Difficulty in completing daily tasks, driving to a familiar location, managing a budget at work or remembering the rules of a favourite game.	Occasionally needing help to use the settings on a microwave or to record a television show.
Confusion with time or place	People with dementia can lose track of dates, seasons and the passage of time. They may have trouble understanding something if it is not happening immediately. Sometimes they may forget where they are or how they got there.	Getting confused about the day of the week but figuring it out later
Trouble understanding visual images and spatial relationships	For some people, having vision problems is a sign of dementia. They may have difficulty reading, judging distance and determining colour or contrast, which may cause problems with driving.	Vision changes related to cataracts
New problems with words in speaking or writing	People with dementia may have trouble following or joining a conversation. They may stop in the middle of a conversation and have no idea how to continue or they may repeat themselves. They may struggle with vocabulary, have problems finding the right word or call things by the wrong name (e.g., calling a "watch" a "hand-clock").	Sometimes having trouble finding the right word
Misplacing things and losing the ability to retrace steps	A person with dementia may put things in unusual places. They may lose things and be unable to go back over their steps to find them again. Sometimes, they may accuse others of stealing. This may occur more frequently over time	Misplacing things from time to time and retracing steps to find them
Decreased or poor judgment	People with dementia may experience changes in judgment or decision-making. For example, they may use poor judgment when dealing with money, giving large amounts to telemarketers. They may pay less attention to grooming or keeping themselves clean	Making a bad decision once in a while
Withdrawal from work or social activities	A person with dementia may start to remove themselves from hobbies, social activities, work projects or sports. They may have trouble keeping up with a favourite sports team or remembering how to complete a favourite hobby. They may also avoid being social because of the changes they have experienced	Sometimes feeling weary of work, family and social obligations
Changes in mood and personality	The mood and personalities of people with dementia can change. They can become confused, suspicious, depressed, fearful or anxious. They may be easily upset at home, at work, with friends or in places where they are out of their comfort zone	Developing very specific ways of doing things and becoming irritable when a routine is disrupted