

This is a **Sample** version of the
**Severity Measure for
Depression (SMD)**

The **full version** of Severity Measure for Depression (SMD) comes without 'sample' watermark.

The full complete version includes –

- SMD Overview information
- SMD Scoring/ Administration instructions
- SMD Complete questionnaire
- SMD Clinical Validity

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The PHQ-9: A New Depression Diagnostic and Severity Measure

Kurt Kroenke, MD; and Robert L. Spitzer, MD

Depression is one of the most prevalent and treatable mental disorders presenting in general medical as well as specialty settings. There are a number of case-finding instruments for detecting depression in primary care, ranging from 2 to 28 items.^{1,2} Typically these can be scored as continuous measures of depression severity and also have established cutpoints above which the probability of major depression is substantially increased. Scores on these various measures tend to be highly correlated³, with little evidence that one measure is superior to any other.^{1,2,4}

PHQ AND PHQ-9

The primary care evaluation of mental disorders (PRIME-MD[®]) is a novel instrument developed a decade ago to assist primary care clinicians in making criteria-based diagnoses of five types of *DSM-IV* disorders commonly encountered in medical patients: mood, anxiety, somatoform, alcohol, and eating.^{5,6} The patient health questionnaire (PHQ) is a 3-page self-administered version of the PRIME-MD[®] that has been

well validated in two large studies involving 3,000 patients in 8 primary care clinics and 3,000 patients in 7 obstetrics–gynecology clinics.^{7,8} Because it is entirely self-administered and has diagnostic validity comparable to the clinician-administered PRIME-MD[®], the PHQ is now the most commonly used version in both clinical and research settings.

At 9 items, the PHQ depression scale (which we call the PHQ-9) is half the length of many other depression measures, has comparable sensitivity and specificity, and consists of the actual nine criteria on which the diagnosis of *DSM-IV* depressive disorders is based.⁹ The latter feature distinguishes the PHQ-9 from other two-step depression measures for which, when scores are high, additional questions must be asked to establish *DSM-IV* depressive diagnoses. The PHQ-9 is thus a dual-purpose instrument that, with the same nine items, can establish provisional depressive disorder diagnoses as well as grade depressive symptom severity.

An item was also added to the end of the diagnostic portion of the PHQ-9 asking patients who checked off any problems on the questionnaire: “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?” This single item is an excellent global rating of functional impairment and has been shown to correlate strongly with a number of quality of life, functional sta-

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**This is the end of the sample SMD clinical Validity.
Please goto page 1 to purchase full complete version. 1**

Severity Measure for Depression—Adult*

* Adapted from the Patient Health Questionnaire–9 (PHQ-9)

Name: _____ Age: _____ Sex: Male Female Date: _____

Instructions: Over the **last 7 days**, how often have you been bothered by any of the following problems? (Use “✓” to indicate your answer)

						Clinician Use
						Item score
		Not at all	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	

**This is the end of the sample SMD questionnaire.
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Instructions to Clinicians

The Severity Measure for Depression—Adult (adapted from the Patient Health Questionnaire—9 [PHQ-9]) is a self-rated 9-item measure that assesses the severity of depressive symptoms in individuals age 18 and older. The measure is completed by the individual prior to a visit with the clinician. Each item asks the individual to rate the severity of his/her depression **during the last 7 days.**

Scoring and Interpretation

Each item on the measure is rated on a 4-point scale (0=Not at all; 1=Several days; 2=More than half the days; and 3=Nearly every day). The total score can range from 0 to 27, with higher scores indicating greater severity of depression. The clinician is asked to review the score of each item on the measure during the clinical interview and indicate the raw score for each item in the section provided for “Clinician Use.” The raw scores on the 9 items should be summed to obtain a total raw score and should be interpreted using the Interpretation Table for the PHQ-9 below:

Interpretation Table for the PHQ-9

Levels of depressive symptoms severity	PHQ-9 Score
None	0-4
Mild depression	5-9
Moderate depression	10-14
Moderately severe depression	15-19
Severe depression	20-27

Note: If 3 or more items are left unanswered, the total score on the measure should not be calculated. Therefore,

**This is the end of the sample SMD Scoring Instructions.
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