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

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

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