

# Patient Health Questionnaire-15 (PHQ-15)

Category: Somatic | Items: 15 | Time: ~3 min

## Description / When to Use

15-item screening measure for somatic symptom severity in primary care.

## Instructions for Respondent

Please read each statement carefully and respond based on how you have felt over the specified time period. There are 15 items in this scale. Estimated completion time: 3 minutes.

## Scale Items

[Full item list not shown in this educational summary. Please refer to the original publication for complete items.]

## Response Options

0 = Not at all | 1 = Several days | 2 = More than half the days | 3 = Nearly every day

## Scoring Guide

Sum all 15 items scored 0-2. Total range 0-30. Higher scores = greater somatic symptom severity.

## Cutoff Interpretation

Score Range	Severity	Recommended Action
0-4	Minimal	None
5-9	Low	Monitor
10-14	Medium	Consider treatment
15-30	High	Active treatment

## Psychometric Properties

Cronbach's alpha: 0.83 | Test-retest reliability: 0.78

Validity: Correlates with functional impairment and health care use.

## License

Free to use with citation

## Citation (APA Format)

Kroenke, K., Spitzer, R. L., & Williams, J. B. (2002). The PHQ-15: Validity of a new measure for evaluating the severity of somatic symptoms. *Psychosomatic Medicine*, 64(2), 258-266.

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