

# Patient Health Questionnaire-2 (PHQ-2)

Category: Depression | Items: 2 | Time: ~1-2 min

## Description / When to Use

Ultra-brief depression screening for busy clinical settings.

## Instructions for Respondent

Please read each statement carefully and respond based on how you have felt over the specified time period. There are 2 items in this scale. Estimated completion time: 1-2 min.

## Scale Items

1. Little interest or pleasure in doing things
2. Feeling down, depressed, or hopeless

## Scoring Guide

Score according to instrument-specific rules. See original publication.

## Cutoff Interpretation

Score Range	Severity	Recommended Action
0-2	Minimal	None
3-6	Possible depression	Administer PHQ-9

## Psychometric Properties

See original validation study for reliability and validity data.

## License

Free to use with citation.

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## Citation (APA Format)

Kroenke, K., Spitzer, R. L., & Williams, J. B. W. (2003). The Patient Health Questionnaire-2: Validity of a two-item depression screener. *Medical Care*, 41(11), 1284-1292.

DOI: 10.1097/01.mlr.0000093487.78664.3c

URL: <https://pubmed.ncbi.nlm.nih.gov/14583685/>

*Disclaimer: Sum items 1-2 scored 0-3. Total range 0-6. Score  $\geq$  3 suggests further evaluation.*