

# Patient Health Questionnaire-8 (PHQ-8)

Category: Depression | Items: 8 | Time: ~2-3 min

## Description / When to Use

Research version of PHQ-9 excluding suicidality item for general population studies.

## Instructions for Respondent

Please read each statement carefully and respond based on how you have felt over the specified time period. There are 8 items in this scale. Estimated completion time: 2-3 min.

## Scale Items

1. Little interest or pleasure in doing things
2. Feeling down, depressed, or hopeless
3. Trouble falling or staying asleep
4. Feeling tired or having little energy
5. Poor appetite or overeating
6. Feeling bad about yourself
7. Trouble concentrating on things
8. Moving or speaking slowly or being fidgety

## Scoring Guide

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

## Cutoff Interpretation

Score Range	Severity	Recommended Action
0–4	Minimal	None
5–9	Mild	Watchful waiting
10–14	Moderate	Consider treatment
15–19	Moderately Severe	Active treatment recommended
20–24	Severe	Immediate treatment

## 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., & Mokdad, A. H. (2009). The PHQ-8 as a measure of current depression in the general population. *Journal of Affective Disorders*, 114(1-3), 163-173.

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URL: <https://pubmed.ncbi.nlm.nih.gov/18752852/>

*Disclaimer: Sum all 8 items scored 0-3. Total range 0-24. Same cutoffs as PHQ-9 but max 24.*