

BOULDER MEDICAL CENTER, P.C.

Our focus at Boulder Medical Center is whole person care with emphasis on prevention as well as treatment of chronic diseases. Please answer the following questions:

The Patient Health Questionnaire (PHQ-9)

	Date of Visit			
Over the past 2 weeks, how often have you been bothered by any of the following problems?	Not At all	Several Days	More Than Half The Days	Nearly Every Day
Little interest or pleasure in doing things	0	1	2	3
2. Feeling down, depressed or hopeless	0	1	2	3
If you have answered 'not at all' to Questions 1 & 2, please stop. You do not have to answer Questions 3 – 10. If you have responded to Questions 1 & 2 any other way than 'not at all', please continue and answer Questions 3 -10.				
Trouble falling asleep, 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
Feeling bad about yourself – or that you're a failure or have let yourself or your family down	0	1	2	3
7. Trouble concentrating on things, such as reading the newspaper or watching television	0	1	2	3
8. Moving or speaking so slowly that other people could have noticed. Or, the opposite – being so fidgety or restless that you have been moving around a lot more than usual	0	1	2	3
Thoughts that you would be better off dead or of hurting yourself in some way	0	1	2	3
10. If you checked off any problems, how difficult had o your work, take care of things at home, or get a		•		you to

We at Boulder Medical Center are committed to improving healthcare

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