

PHQ-2 Scoring

Patient Name:

Date of Assessment:

PHQ-2 Questions and Responses

Over the last two weeks, how often have you been bothered by little interest or pleasure in doing things?

- Not at all (0)
- Several days (1)
- More than half the days (2)
- Nearly every day (3)

Over the last two weeks, how often have you been bothered by feeling down, depressed, or hopeless?

- Not at all (0)
- Several days (1)
- More than half the days (2)
- Nearly every day (3)

PHQ-2 Scoring

Total Score: _____ (Sum of responses for questions 1 and 2)

Interpretation

0-1: Minimal or no depressive symptoms.
2-3: Mild depressive symptoms.
4-6: Moderate to severe depressive symptoms.

Recommendations:

Based on the PHQ-2 score and clinical judgment, consider the following actions:

- No further action is required for minimal symptoms.
- Monitor for worsening symptoms if mild symptoms are present.
- Conduct a more comprehensive assessment or initiate treatment for moderate to severe symptoms.
- Consider referral to a mental health specialist if indicated.

Notes:

Monitor John for any worsening of depressive symptoms during follow-up visits.

Encourage open communication about his emotional well-being and stress the importance of seeking help if symptoms worsen or persist.

Provide psychoeducation on self-help strategies for managing mild depressive symptoms, such as exercise, maintaining social connections, and engaging in enjoyable activities.

Schedule a follow-up appointment in two weeks to assess progress.

Provider's Signature:**Date:**