

Appendix D. Patient health questionnaire-2 tool

The Patient health questionnaire-2 (PHQ-2) is a psychometrically sound tool for detecting depression and anhedonia. The PHQ-2 is composed of the first two items from the Patient health questionnaire-9 (PHQ-9; each describing a different problem/symptom of depression), making it ideal for use in busy clinical settings.

Patients indicate how frequently they have been bothered by each problem (item) over the past two weeks. The items are scored on a four-point Likert scale from 0 (not at all) to 3 (nearly every day). Individual item scores are added together, resulting in a total score from 0 to 6. Total scores ≥ 3 warrant further assessment for depression using a diagnostic instrument or interview. Patients who are subsequently diagnosed with depression should be provided with ongoing healthcare professional support for the management and treatment of their depression and their ongoing diabetes care.

Note that as this tool has only two items, it may seem unnecessary to administer this tool to patients using paper and pen. However, an advantage of doing so is that it allows the patients to ‘grade’ their symptoms and allows the healthcare professional to track their patient’s scores over time.

Over the past two 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
1. Little interest or pleasure in doing things	0 <input type="text"/>	1 <input type="text"/>	2 <input type="text"/>	3 <input type="text"/>
2. Feeling down, depressed or hopeless	0 <input type="text"/>	1 <input type="text"/>	2 <input type="text"/>	3 <input type="text"/>

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