

An Ultra-Brief Screening Scale for Anxiety and Depression: the PHQ-4

The Patient Health Questionnaire for Depression and Anxiety (PHQ-4) was developed to create an ultra-brief screener for depression and anxiety for use during outpatient or home visits any time during pregnancy or up to one year postpartum. The PHQ-4 can be administered by health care personnel or it can be self-administered. The PHQ-4 combines two validated two-item screeners. A recent study found that increasing PHQ-4 scores were strongly associated with functional impairment, disability days, and health care use, and that anxiety had a substantial effect on functional status that was independent of depression (Kroenke et al.). Total score is determined by adding together the scores for each of the 4 items. Scores are rated as normal (0-2), mild (3-5), moderate (6-8), and severe (9-12). Any woman with a positive screen (mild, moderate or severe) should be assessed for suicidal ideation. A positive score, the presence of suicidal ideation and/or your clinical judgment can indicate that further assessment is warranted. Immediate referral is recommended for those with suicidal ideation and/or a severe score. Women with a mild or moderate screen could be provided with education and resource information, and re-screened at a later visit as appropriate. The PHQ-4 is only a screening tool and does not diagnose depression – that is done by appropriately licensed health care personnel.

Reference: Kroenke K, Spitzer RL, Williams JBW, Löwe B. An Ultra-Brief Screening Scale for Anxiety and Depression: the PHQ-4. *Psychosomatics*. In press.

Patient Health Questionnaire (PHQ-4)

Name: _____

Due Date/ Delivery Date: _____

Today's Date: _____

Over the past 2 weeks have you been bothered by these problems?	Not at all	Several days	More days than not	Nearly every day
Feeling nervous, anxious, or on edge	0	1	2	3
Not being able to stop or control worrying	0	1	2	3
Feeling down, depressed, or hopeless	0	1	2	3
Little interest or pleasure in doing things	0	1	2	3

The thought of harming myself has occurred to me (circle one) No Yes

Administered by (initial): MD CMA Self	TOTAL
Notes:	
Reviewing provider:	