

## PHQ-2

### Patient Health Questionnaire (PHQ-2)

#### PHQ-2

Over the past 2 weeks, how often did you feel bothered by any of the following?

1. Little interest or pleasure in doing things.

Not at all

Several days

More than half the days

Nearly every day

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2. Feeling down, depressed, or hopeless.

Not at all

Several days

More than half the days

Nearly every day

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#### Description of Instrument:

The Patient Health Questionnaire-2 (PHQ-2) is a widely used, patient-reported, 2-item screening measure for depression (Kroenke et al., 2003). The 2 items inquire about the frequency of depressed mood and anhedonia over the past two weeks; PHQ-2 scores range from 0-6, with a score of 3 most often used as a cut-point when using the PHQ-2 to screen for major depression. The PHQ-2 shows good psychometric properties (e.g., validity, test-retest reliability) (Kroenke et al., 2010) and has been recommended as a core secondary outcome measure in chronic pain research (Kroenke et al., 2019).

#### Reference:

Kroenke K, Krebs E, Turk D, et al. Core Outcome Measures for Chronic Musculoskeletal Pain Research: Recommendations from a Veterans Health Administration Work Group. *Pain Med.* 2019 Aug 1;20(8):1500-1508.

Kroenke K, Spitzer RL, Williams JB. The Patient Health Questionnaire-2: Validity of a Two-Item Depression Screener. *Med Care.* 2003, Nov;41(11):1284-92.

Kroenke K(1), Spitzer RL, Williams JB, Löwe B. The Patient Health Questionnaire Somatic, Anxiety, and Depressive Symptom Scales: a systematic review. *Gen Hosp Psychiatry.* 2010 Jul-Aug;32(4):345-59.