

APPENDIX
Patient Health Questionnaire (PHQ-9)

Variables	0	1	2	3
1. Little pleasure or interest in doing things				
2. Feeling down, hopeless or depressed				
3. Trouble staying or falling asleep, or excessive sleep				
4. Feeling tired or having little energy				
5. Poor appetite or overeating				
6. Feeling bad about yourself or that you are a failure or have let yourself or your family down				
7. Trouble concentrating on things, such as reading The newspaper or watching television				
8. Moving or speaking so slowly that other people could have noticed. Or the opposite beings fidgety or restless that you have been moving around a lot more than usual				
9. Thoughts that you would be better off dead, or hurting Yourself				