UNDERSTAND YOUR RESPONSES

Depression

This report uses fictional responses only. It demonstrates the report format, not a real person’s result.

29 / 29

ANSWERED ITEMS

PHQ-9

METHOD USED

7 / 27

Mild reported symptoms

The PHQ-9 describes depressive symptoms during the past two weeks. This score band is not a depression diagnosis. Causes, history and alternative explanations are not assessed.

The 9 original PHQ-9 items describe depressive symptoms over the past two weeks. Original additional questions do not change the PHQ-9 score. The score does not establish a diagnosis or its causes. Support information is always accessible without purchase.

Next: understand the numbers, review specific responses and record personal notes for a conversation.

01 / YOUR REPORT

How your screening score is calculated

Each of the nine responses receives 0 to 3 points. The total ranges from 0 to 27. Higher scores indicate more frequently reported symptoms, not the probability of a condition.

Your calculation

1 + 1 + 2 + 1 + 0 + 1 + 1 + 0 + 0 = 7

0-4	**None or minimal reported symptoms**	PHQ-9 score band, not a diagnostic category.
5-9	**Mild reported symptoms**	PHQ-9 score band, not a diagnostic category.
10-14	**Moderate reported symptoms**	PHQ-9 score band, not a diagnostic category.
15-19	**Moderately severe reported symptoms**	PHQ-9 score band, not a diagnostic category.
20-27	**Severe reported symptoms**	PHQ-9 score band, not a diagnostic category.

Additional questions are not added to the screening score. We do not report a probability of a condition or a population percentile.

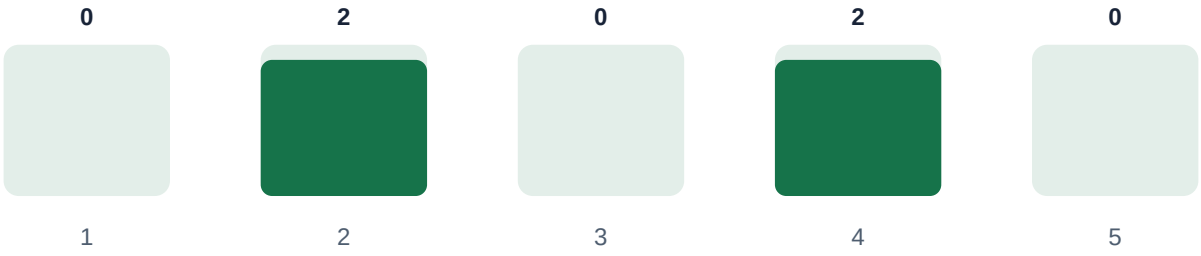
02 / YOUR REPORT

Your responses at a glance

This chart counts response positions, not symptoms or diagnoses.

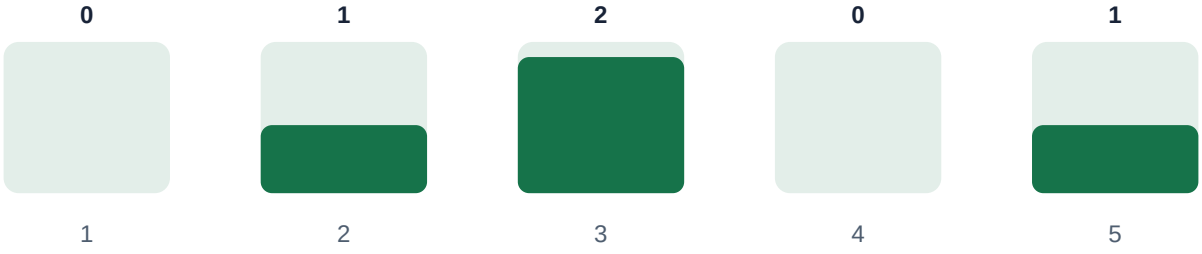
Daily life & organisation

Mostly or fully endorsed: 2 / 4 answered statements. Skipped: 0.



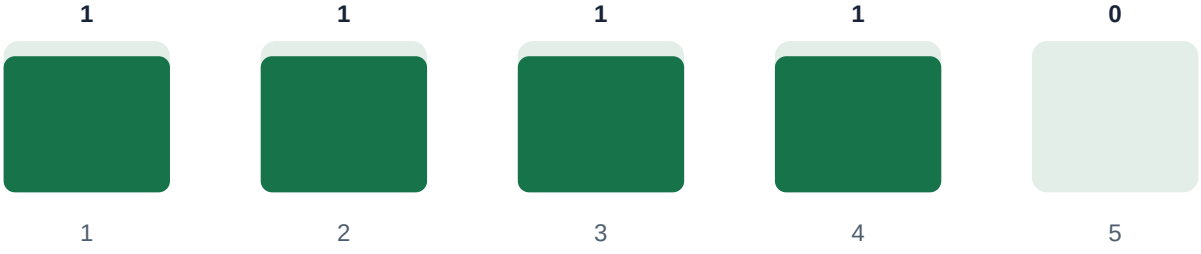
Experiences & preferences

Mostly or fully endorsed: 1 / 4 answered statements. Skipped: 0.



Relationships & support

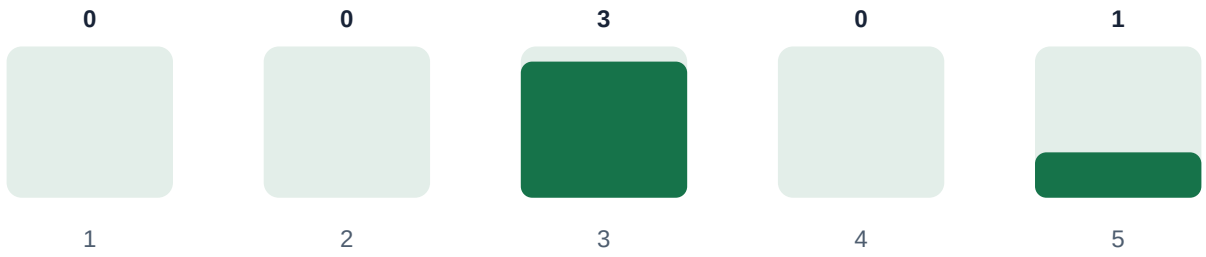
Mostly or fully endorsed: 1 / 4 answered statements. Skipped: 0.



Your responses at a glance / CONTINUED

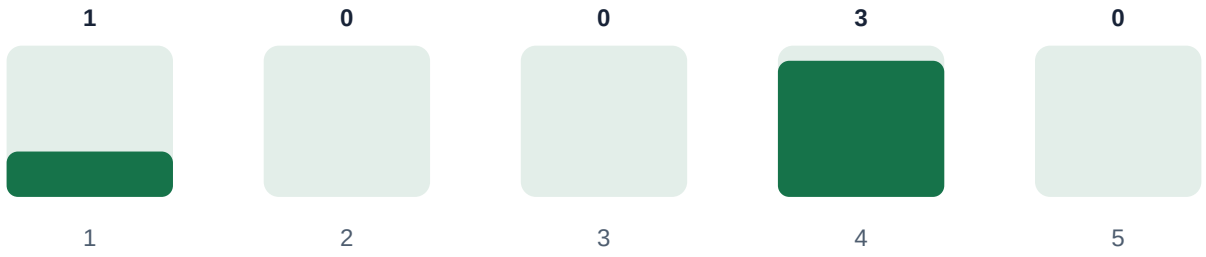
Recovery & energy

Mostly or fully endorsed: 1 / 4 answered statements. Skipped: 0.



Next steps

Mostly or fully endorsed: 3 / 4 answered statements. Skipped: 0.



Levels 1 to 5 follow the response order from “Not true” to “True”. Higher means greater endorsement of those statements, not better or worse health. Positive and difficult experiences are not combined into a condition score.

03 / YOUR REPORT

From responses to concrete situations

Three examples from the first topics you answered. Each shows a statement with the highest endorsement in that topic, even if endorsement is low overall. This is not a ranking of your most important concerns. All responses appear in the appendix.

Daily life & organisation

I need more time than planned for everyday tasks.

Your response: Mostly true

One example: when does this fit, and when is it different?

Experiences & preferences

I can name what makes a difficult situation easier.

Your response: Very true

One example: when does this fit, and when is it different?

Relationships & support

I withdraw even when I would like company.

Your response: Mostly true

One example: when does this fit, and when is it different?

04 / YOUR REPORT

Your next step

1

Describe one situation

Choose one response that matters to you. Note when you have this experience and what helps or makes it difficult.

2

Add context

How long has this been happening? In which parts of your life? What else might play a role? This questionnaire cannot fully answer those questions.

3

Choose suitable support

If you feel distressed or have unanswered questions, you can seek professional support regardless of the score. Bring your examples and questions to the conversation.

Support options and conversation worksheet

What I want to discuss next time:

05 / YOUR REPORT

Method, sources and limitations

The 9 original PHQ-9 items describe depressive symptoms over the past two weeks. Original additional questions do not change the PHQ-9 score. The score does not establish a diagnosis or its causes. Support information is always accessible without purchase.

Your responses are self-reported. The report is generated automatically and is not reviewed by a clinician. Diagnosis requires professional assessment. The report does not replace treatment, assess occupational fitness or serve as an emergency tool.

PHQ-9: Spitzer, Kroenke & Williams. Deutsche Version: © Prof. Dr. Bernd Löwe, 2015, Universitätsklinikum Hamburg-Eppendorf.

Original instrument source

Original additional questions are not clinically validated or normed on a representative population. Response counts apply only to the listed statements. Missing responses are shown and are not treated as a low score.

06 / YOUR REPORT

Your responses in full

1	**Little interest or pleasure in doing things**	Original screening · Several days
2	**Feeling down, depressed, or hopeless**	Original screening · Several days
3	**Trouble falling or staying asleep, or sleeping too much**	Original screening · More than half the days
4	**Feeling tired or having little energy**	Original screening · Several days
5	**Poor appetite or overeating**	Original screening · Not at all
6	**Feeling bad about yourself - or that you are a failure or have let yourself or your family down**	Original screening · Several days
7	**Trouble concentrating on things, such as reading the newspaper or watching television**	Original screening · Several days
8	**Moving or speaking so slowly that other people could have noticed? Or the opposite - being so fidgety or restless that you have been moving around a lot more than usual**	Original screening · Not at all
9	**Thoughts that you would be better off dead or of hurting yourself in some way**	Original screening · Not at all
10	**My difficulties interfere with my planning.**	Daily life & organisation · Mostly untrue
11	**I recognise situations in which my distress increases.**	Experiences & preferences · Partly true
12	**I postpone important tasks because of my distress.**	Daily life & organisation · Mostly untrue
13	**I withdraw even when I would like company.**	Relationships & support · Mostly true
14	**My distress follows me into rest periods.**	Recovery & energy · Partly true

Your responses in full / CONTINUED

15 **I can name what makes a difficult situation easier.**
Experiences & preferences · Very true

16 **I know what I would like to ask a professional.**
Next steps · Mostly true

17 **I can explain how I feel to someone I trust.**
Relationships & support · Not at all true

18 **I find moments to recover during the day.**
Recovery & energy · Partly true

19 **I need more time than planned for everyday tasks.**
Daily life & organisation · Mostly true

20 **I feel that my needs are heard in conversations.**
Relationships & support · Mostly untrue

21 **I have a daily rhythm that suits me.**
Recovery & energy · Partly true

22 **I have room to leave a difficult situation.**
Experiences & preferences · Mostly untrue

23 **I can trace changes over a longer period.**
Next steps · Mostly true

24 **I can ask for specific support.**
Relationships & support · Partly true

25 **I can recognise when my energy reserves are dropping.**
Recovery & energy · Very true

26 **I can break tasks into manageable steps.**
Daily life & organisation · Mostly true

27 **I can name what has helped me in previous support.**
Next steps · Not at all true

28 **I can notice my limits before becoming overwhelmed.**
Experiences & preferences · Partly true

29 **I have access to a source of support for further questions.**
Next steps · Mostly true