

## PHQ-9 SCORE DEPRESSION LEVEL AND TREATMENT GRID

Use your PHQ-9 score to determine which level you fall in, and which recommendations you should follow.

PHQ-9 Score	Depression Severity	Proposed Treatment
0–4	None–Minimal	None
5–9	Mild	Watchful waiting; repeat PHQ-9 at follow-up
10–14	Moderate	Treatment plan, considering counseling, follow-up, and pharmacotherapy
15–19	Moderately Severe	Active treatment with pharmacotherapy or psychotherapy
20–27	Severe	Immediate initiation of pharmacotherapy and, if severe impairment or poor response to therapy, expedited referral to a mental health specialist for psychotherapy or collaborative management