8-ITEM DEPRESSION PATIENT HEALTH QUESTIONNAIRE (PHQ-8)
FOR EHIS WAVE II

INDICATORS

OVERVIEW ECHI OUTCOME INDICATORS PHQ-8 DEPRESSIVE SYNDROME

- Depressive syndrome assigned on the basis of PHQ-8
  
  **Item study population:**
  Men and women, 18 years and older

  **Indicator specification:**
  1. Depressive syndrome prevalence percentages, 95 % CI:
     - (A) Major Depressive Syndrome
     - (B) Other Depressive Syndrome
     - (C) Any Depressive Syndrome
  2. Prevalence percentage of Depression Severity (in four categories):
     - (A) Mild
     - (B) Moderate
     - (C) Moderately severe
     - (D) Severe depression
QUESTIONNAIRE

Over the last 2 weeks, how often have you been bothered by any of the following:

<table>
<thead>
<tr>
<th>PHQ.1</th>
<th>Little interest or pleasure in doing things?</th>
<th>Not at all</th>
<th>Several Days</th>
<th>More than half the days</th>
<th>Nearly every day</th>
</tr>
</thead>
<tbody>
<tr>
<td>PHQ.2</td>
<td>Feeling down, depressed or hopeless?</td>
<td>0</td>
<td>1</td>
<td>2</td>
<td>3</td>
</tr>
<tr>
<td>PHQ.3</td>
<td>Trouble falling or staying asleep, or sleeping too much?</td>
<td>0</td>
<td>1</td>
<td>2</td>
<td>3</td>
</tr>
<tr>
<td>PHQ.4</td>
<td>Feeling tired or having little energy?</td>
<td>0</td>
<td>1</td>
<td>2</td>
<td>3</td>
</tr>
<tr>
<td>PHQ.5</td>
<td>Poor appetite or overeating?</td>
<td>0</td>
<td>1</td>
<td>2</td>
<td>3</td>
</tr>
<tr>
<td>PHQ.6</td>
<td>Feeling bad about yourself—or that you are a failure or have let yourself or your family down?</td>
<td>0</td>
<td>1</td>
<td>2</td>
<td>3</td>
</tr>
<tr>
<td>PHQ.7</td>
<td>Trouble concentrating on things, such as reading the newspaper or watching television?</td>
<td>0</td>
<td>1</td>
<td>2</td>
<td>3</td>
</tr>
<tr>
<td>PHQ.8</td>
<td>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?</td>
<td>0</td>
<td>1</td>
<td>2</td>
<td>3</td>
</tr>
</tbody>
</table>
### Background and main advantages of the PHQ-8 instrument:

#### Background:
- Depression is the leading cause of the burden of disease in middle- and high-income countries according to the (2004) WHO *Global Burden of Disease* report (1). The PHQ-8 can be used for the screening of depressive symptoms in the last 2 weeks. The instrument is based on eight out of nine criteria of the *Diagnostic and Statistical Manual of Mental Disorders - Fourth Edition* (DSM-IV) (2, 3). The ninth item on self-harm was omitted for sensitivity reasons. Evidently, the instrument can be used as a screening tool for current depression in the general population without the ninth DSM-IV criterion (4). The PHQ-8 has been translated into various languages and no permission is required to reproduce, translate, display or distribute the instrument. The screener is available under the following link:

#### Main advantages:
- The screener provides comparable results across countries as it is based on DSM-IV criteria
- The PHQ depression screeners have been used and validated in different countries and cultural settings (5-11)
- The screener shows good sensitivity and specificity for major depression syndrome (4)
- The outcome indicators are simple and easy to understand
- The feasibility of use in large scale population studies has been proven in the context of the *Behavior Risk Factor Surveillance System* (BRFSS) (12)
- The screener can be used for multi-modus assessment strategies (self-completion, PAPI, CATI)
- Cross-cultural cognitive testing revealed that it can be used in combination with the energy and vitality index (EVI) and 5-item mental health index (MHI-5) from SF-36
- The linkage of the screening results with other information assessed on depression in EHIS (diagnosed depression in the past 12 month, medical treatment and use of health care services for depression) allows to draw a complete picture about the dealing with the leading cause of disability in Europe
LITERATURE