

Depression Screening Tool (PHQ-2)

Dear Doctor,

Our care home/foster home is having training about management of depression. We are now doing depression screening for all the residents under our care. Please see the PHQ-2 results below. We are happy to work with you to create a care plan to address any concerns as needed.

Thank you,

CARE HOME/FOSTER HOME OPERATOR:

RESIDENT'S NAME:

DATE:

Instructions:

1. Think about your resident's behaviors and mood in the past 2 weeks (or 14 days)
2. For Little Interest or Pleasure, please circle the score that best describes how often the resident's does not find activities enjoyable, going left to right. (Ex: If they are not enjoying activities early every day, circle +3.)
3. For Feeling Down, please circle the score that best describes how often the resident's feels down, going left to right. (Ex: If they feeling down more than half the days, circle +2.)
4. Add up the circled scores from "Little Interest or Pleasure" + "Feeling Down"

The lowest possible score is 0, the highest possible score is 6.

A score of 3 and higher indicates that major depression is likely and should be followed up with a more detailed assessment. (Ex: in this example, 3+2=5, and this resident is likely ver/y depressed)

Over the last 2 weeks, how often has the resident been bothered by:	Not at all	Several Days	More than half the days	Nearly every day
Little Interest or Pleasure in doing things	0	+1	+2	+3
Feeling Down, Depressed or Hopeless	0	+1	+2	+3

TOTAL PHQ-2 SCORE: _____

DATE SHARED WITH THE PRIMARY CARE DOCTOR: _____

After sending to PCP, complete the online form at <https://bit.ly/PHQ2-CHECHO>