

**PHQ-4: Validated Screening Tool for Anxiety and Depression**

Over the last two weeks, how often have you been bothered by the following problems?	Not at all	Several days	More than half the days	Nearly every day	
Feeling nervous, anxious or on edge	0	1	2	3	Anxiety Subscale
Not being able to stop or control worrying	0	1	2	3	
Little interest or pleasure in doing things	0	1	2	3	Depression Subscale
Feeling down, depressed, or hopeless	0	1	2	3	
<b>TOTAL</b>					

PHQ-4 Scoring: Total score ranges from 0 to 12, with categories of psychological distress as follows:

- None: 0-2
- Mild: 3-5
- Moderate: 6-8
- Severe: 9-12

Anxiety subscale = sum of items 1 and 2 (score range: 0 to 6)

Depression subscale = sum of items 3 and 4 (score range: 0 to 6)

On each subscale, a score of 3 or greater is considered positive for screening purposes.

Kroenke K, Spitzer RL, Williams JB, Löwe B. An ultra-brief screening scale for anxiety and depression: the PHQ-4. *Psychosomatics*. 2009;50(6):613-621. doi:[10.1176/appi.psy.50.6.613](https://doi.org/10.1176/appi.psy.50.6.613)

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