

PASIËNTGESONDHEID-VRAELYS-9 (PHQ-9)

Hoe gereeld het die volgende probleme u gedurende die afgelope 2 weke gepla?

(Gebruik "✓" om jou antwoord aan te dui)

	Glad nie	Etlieke dae	Meer as helfte van die dae	Byna elke dag
1. Min belang of plesier daarin om dinge te doen	0	1	2	3
2. Voel mismoedig, teneergedruk of wanhopig	0	1	2	3
3. Moeilik om aan die slaap te raak of te bly, of slaap te veel	0	1	2	3
4. Voel moeg of het min energie	0	1	2	3
5. Swak eetlus of eet te veel	0	1	2	3
6. Voel sleg oor uself — of dat u 'n mislukking is of uself of u gesin teleurgestel het	0	1	2	3
7. Moeilik om op dinge te konsentreer, soos om die koerant te lees of televisie te kyk	0	1	2	3
8. Beweeg of praat so stadig dat ander mense dit kon oplet. Of die teendeel — is so kiewelrig en rusteloos dat u baie meer as gewoonlik rondbeweeg	0	1	2	3
9. Gedagtes dat dit beter sou wees as u dood is of om uself op 'n manier seer te maak	0	1	2	3

FOR OFFICE CODING 0 + + +
=Total Score:

Indien u enige probleme op die vraelys afgemerk het, hoe **moeilik** het hierdie probleme dit vir u gemaak om u werk te verrig, dinge tuis te versorg of met ander mense klaar te kom?

Glad nie moeilik nie Ietwat moeilik Baie moeilik Uiters moeilik

PATIENT HEALTH QUESTIONNAIRE-9 (PHQ-9)

Over the **last 2 weeks**, how often have you been bothered by any of the following problems?
(Use "✓" to indicate your answer)

	Not at all	Several days	More than half the days	Nearly every day
1. Little interest or pleasure in doing things	0	1	2	3
2. Feeling down, depressed, or hopeless	0	1	2	3
3. Trouble falling or staying asleep, or sleeping too much	0	1	2	3
4. Feeling tired or having little energy	0	1	2	3
5. Poor appetite or overeating	0	1	2	3
6. Feeling bad about yourself — or that you are a failure or have let yourself or your family down	0	1	2	3
7. Trouble concentrating on things, such as reading the newspaper or watching television	0	1	2	3
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	0	1	2	3
9. Thoughts that you would be better off dead or of hurting yourself in some way	0	1	2	3

FOR OFFICE CODING 0 + + +
=Total Score:

If you ticked **any** problems, how **difficult** have these problems made it for you to do your work, take care of things at home, or get along with other people?

Not difficult
at all

Somewhat
difficult

Very
difficult

Extremely
difficult