

Patient Health Questionnaire (PHQ)-9 Guide

Introduce yourself to the client		
Use Relationship-Focused Practice: Ask open ended questions. ~ Support the woman to tell her story.~ Listen with empathy and reflection.~ Help the woman to gain a different perspective. ~ Support the woman’s choice in deciding future action. ~ Be patient as the woman finds her way to emotional well-being		
<p>“I” explains that the agency is trying to pay more attention to how women feel during pregnancy or the postpartum period.</p> <p>“I” asks “M” how she has been feeling, focusing on the positive risk factors or the EPDS. “How is your day like? Are you able to get up and do the things you want to do?”</p>		
<p>“I” reflects with “M” by saying, “ <i>From what you are telling me, it might be helpful if you completed a short questionnaire to describe better how you are feeling. Would you be willing to do that?</i>”</p>		
“I” explains to “M” how to complete the PHQ-9.		
“I” explains that both of you, provider and client, will score the PHQ-9.		
“I” and “M” score together the PHQ-9.”		
<p>“I” makes an evaluative decision about the PHQ-9 score. “<i>Let’s look at how you are feeling. This form tells me that you are (a) feeling well or (b) not feeling well</i>”</p>		
PHQ < 15	PHQ > 15	
<p>Acknowledge that the score indicates mild to moderate level of depressive symptoms.</p> <p>Explore coping and social support sources</p> <p>Encourage health care.</p> <p>Depending on the level of depressive symptoms, treatment options may be available pending additional assessment.</p> <p>Plan for follow-up.</p>	Acknowledgement of Depression	Denial of Depression
	<p>Explore the meaning of the mother’s depression. “Tell me more about how you are feeling.”</p> <p>Refer to services.</p>	<p>“Many women like you respond this way. It tells how much she suffers. I worry about how you might be feeling. I wonder when you last felt joy. Tell me about that time. When was that?”</p> <p><i>Report of Joy:</i> Respond appropriately. “That’s wonderful.” “That was a long time ago.” “That was short lived.” “How much more joy in your life would you like to have? I wonder if you would work with me to feel more joy in your life.”</p> <p><i>Denial of Joy.</i> “Sometimes in every woman’s life there are hard times. I know I have been there too. It does not have to be that bad depression is not all of you. It can be treated. I am wondering if we can work together so that you can begin to feel better.”</p> <p><i>Service Referral:</i> <i>I will work with you to get help so you can feel better. Provide resources. Set plan of action. Plan for follow-up</i></p>

