

SUPPLEMENTARY.

Appendix 2. Patient Health Questionnaire-9 (PHQ-9)

Aim: to assess the severity of depression using the self-reporting method.

The patient is asked to answer the question: *“Over the last two weeks, how often have you been bothered by any of the following problems?”*

Each question has four answer options assigned a score:

- Not at all (0 points).
- Several days (1 point).
- More than half the days (2 points).
- Nearly every day (3 points).

Over the last two weeks:

1. Little interest or pleasure in doing things.
2. Feeling down, depressed, or hopeless.
3. Trouble falling or staying asleep, or sleeping too much.
4. Feeling tired or having little energy.
5. Poor appetite or overeating.
6. Feeling bad about yourself — or that you are a failure or have let yourself or your family down.
7. Trouble concentrating on things, such as reading or watching television.
8. Moving or speaking very slowly. Or the opposite — being so fidgety or restless that you have been moving around a lot more than usual.
9. Thoughts that you would be better off dead or of hurting yourself in some way.

Interpretation of results (total score)

Total score	Severity of depression
1–4	Minimal depression
5–9	Mild depression
10–14	Moderate depression
15–19	Moderate severe depression
20–27	Severe depression