

## Scoring the PHQ-9 Symptom Checklist

Score of 10 or above had a sensitivity and specificity of 88% for detecting major depression.

Scores of 5-9 represent mild depression.

Score of 15 or greater is severe depression according to a study reported by Kroenke, Spitzer, and Williams at Columbia University.

## If My Score is Higher than I Want-

Go to your Primary Care Physician for a follow-up assessment and possible referral.

Ask other individuals under a physician's care for mental health references.

Contact Community Mental Health Centers for references.

“There is a rising level of competence in the mental health industry with evidence-based research”, states Jack Shalley, MD. “There are now many treatment options available with **medication** and **therapy**. The most successful treatment programs utilize both.”

## How Can the Congregation Help?

Be a quiet non-judgemental presence with an attentive, listening ear.

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