

استبيان حول صحة المريض - 9 (PHQ-9)

كم عانيت من المشاكل التالية خلال الأسبوعين الماضيين؟ (الضعف علامة "✓" الانتشار الجوانب)	أبداً	بعض الأيام	أكثر من نصف الأيام	كل يوم تقريباً
1- قلة الاهتمام أو الاستمتاع بممارسة الأنشطة.	0	1	2	3
2- الشعور بالثقل أو خفقان الصدر أو اليأس.	0	1	2	3
3- الصعوبة في التركيز في النوم أو النوم بانتظام أو النوم أكثر من المعتاد.	0	1	2	3
4- الشعور بالتعب أو قلة الحيوية.	0	1	2	3
5- قلة الشهية أو كثرة الأكل.	0	1	2	3
6- الشعور بعدم الرضا عن النفس أو بالفشل أو الإحباط تجاه نفسك.	0	1	2	3
7- الصعوبة في التركيز على الأنشطة، مثل قراءة الصحف أو مشاهدة التلفزيون.	0	1	2	3
8- بدء في الحركة أو الكلام بدرجة ملحوظة من الآخرين؟ أو، على العكس من ذلك كثرة التمثل والتحرك إلى درجة فوق المعتاد.	0	1	2	3
9- الشعور بتفصيل الموت، عن الحياة أو إيذاء النفس بطريقة ما.	0	1	2	3

_____ * _____ * _____ * _____ = Total Score: _____ (FOR OFFICE CODING)

إذا وجدت أي مشاكل - إلى أي مدى منعك هذه المشاكل من القيام بعملك أو الانخراط بشؤونك المنزلية أو التعامل مع الناس؟

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