

Sample report

Depression Screening (PHQ-9)

PHQ9 · Screening questionnaire

Prepared for
Ana Santos

Date
February 25, 2026

Questions
9

Reference
00000007

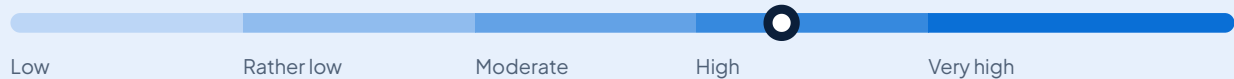
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Your result

17 / 27**Moderately severe depression**

63 % of the maximum score



Your responses indicate moderately severe depression. Please seek professional support soon.

By dimension

As a percentage of each dimension's maximum, so they can be compared.

Concentration		67 %	2 / 3
Mood		33 %	2 / 6
Sleep		33 %	1 / 3
Energy		33 %	1 / 3
Appetite		33 %	1 / 3
Self-esteem		33 %	1 / 3
Psychomotor		33 %	1 / 3
Suicidality		33 %	1 / 3

● Least marked ● Most marked

What your answers say

Written by Claude (Anthropic) from your answers.

Thank you for taking the time to complete this screening and for being honest with yourself throughout the process. That kind of self-reflection takes real courage, especially when the questions touch on difficult feelings and experiences. Whatever you've been carrying lately, please know that reaching out to understand it better is a meaningful and positive step. Many people go through periods where sadness, exhaustion, or a sense of heaviness becomes hard to shake, and you are far from alone in this experience.

Your score on this screening falls into a range that suggests you may be experiencing a significant level of emotional and mental strain right now, one that could be affecting your daily life, relationships, sleep, energy, or motivation in noticeable ways. This is not a diagnosis and does not define who you are; rather, it's a signal, like a check-engine light, indicating that something deserves closer attention and care. Scores in this range often reflect a real and valid struggle that many people move through and beyond with the right support in place.

In the meantime, there are gentle, practical steps that can help create a bit more stability day to day. Try to maintain small, consistent routines around sleep, meals, and movement, even short walks outside can help regulate mood over time. Reaching out to someone you trust, whether a friend, family member, or support line, can ease the isolation that often accompanies these feelings. It may also help to limit major decisions or added stressors right now, giving yourself permission to focus on basic self-care rather than expecting peak performance from yourself.

Most importantly, please consider connecting with a licensed mental health professional, such as a therapist, counselor, or physician, who can offer a thorough evaluation and personalized support. Scores like this respond well to professional care, whether through therapy, lifestyle adjustments, or other treatment options,

Least marked

Suicidality · 33 %

Psychomotor · 33 %

Most marked

Concentration · 67 %

Mood · 33 %

and many people find real relief and renewed hope once they take that step. You've already shown strength by seeking to understand your experience, and that same strength can guide you toward the support that helps you feel more like yourself again.

Next steps

Pick one or two. Regularity matters more than duration.

Recommendation

Moderately severe depression

Please contact a mental health professional promptly. You deserve support and effective treatments are available.

To talk about it with a professional

Psychologist, therapist, doctor: this report can start the conversation.

- Bring page 2 (result by dimension).
- Note one or two situations that were hard for you lately.
- Say what you would like to change, even vaguely.

Need to talk to someone now? Call Suicide & Crisis Lifeline on **988**, or 911 in an emergency.

This report is a screening tool. It does not replace an assessment by a professional. For a reliable diagnosis, see a neuropsychologist, a psychiatrist or another qualified healthcare professional.

Your answers

Scale from “Not at all” to “Nearly every day”.

#	Question	Your answer	Pts
Mood · 2 / 6			
1	Little interest or pleasure in doing things	Several days	1
2	Feeling down, depressed, or hopeless	Several days	1
Sleep · 1 / 3			
3	Trouble falling or staying asleep, or sleeping too much	Several days	1
Energy · 1 / 3			
4	Feeling tired or having little energy	Several days	1
Appetite · 1 / 3			
5	Poor appetite or overeating	Several days	1
Self-esteem · 1 / 3			
6	Feeling bad about yourself – or that you are a failure or have let yourself or your family down	Several days	1
Concentration · 2 / 3			
7	Trouble concentrating on things, such as reading the newspaper or watching television	More than half the days	2
Psychomotor · 1 / 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	Several days	1
Suicidality · 1 / 3			
9	Thoughts that you would be better off dead, or thoughts of hurting yourself in some way	Several days	1