

PHQ -15

A 15 item Somatic Symptom Severity Scale

During the past four weeks, how much have you been bothered by any of the following problems	Not bothered at all	Bothered a little	Bothered a lot
Stomach pain			
Back pain			
Pain in your arms or legs or other joints			
Menstrual cramps or other problems with your periods (women only)			
Headaches			
Chest Pain			
Dizziness			
Fainting spells			
Feeling your heart pound or race			
Shortness of breath			
Pain or problems during sexual intercourse			
Constipation, loose bowels, or diarrhoea			
Nausea, gas, or indigestion			
Feeling tired, or having low energy			
Trouble sleeping			

Score:

Not bothered at all = 0

Bothered a little = 1

Bothered a lot = 2

0 – 4 = no somatisation disorder

5 – 9 = mild somatisation disorder

10 – 14 = moderate somatisation disorder

15 + = severe somatisation disorder

The PHQ-15 is intended to supplement clinical acumen and experience for individual patients