



Assessment Report

Practice: Mindful Psychology
 Practitioner: Dr Sarah Johnson
 Client: Alex Carter
 Date: 26/04/2026

EXAMPLE REPORT — Prepared by a practitioner inside Grounded Scribe. Fictional data; not a clinical result.

PHQ-9 — Patient Health Questionnaire-9

A 9-item screening tool for depression severity based on DSM-IV criteria

RESULTS



Interpreted with Australian community norms — see References

INTERPRETATION

Current score: 13, moderate, as per the PHQ-9 author/publisher guidelines.

ABOUT THIS ASSESSMENT

Clinical Purpose

The PHQ-9 is a 9-item self-report measure designed to screen for and assess the severity of major depressive disorder. Each item maps directly to one of the nine DSM-5 diagnostic criteria for depression, making it both a screening tool and a severity measure. It is widely used in primary care, mental health, and research settings to monitor treatment response and track depressive symptoms over time.

Origins & Development

Developed by Robert Spitzer, Janet Williams, and Kurt Kroenke as part of the Patient Health Questionnaire suite, first published in 2001. The PHQ-9 was derived from the larger PRIME-MD diagnostic instrument and validated in a study of over 6,000 patients across 8 primary care and 7 obstetrics-gynaecology clinics. It demonstrated excellent sensitivity (88%) and specificity (88%) for detecting major depression at a cutoff score of 10.

Australian Context

The PHQ-9 is recommended by the Royal Australian College of General Practitioners (RACGP) for depression screening in primary care. It is accepted as evidence of clinical need for Medicare Better Access mental health treatment plans (items 2710-2713) and is routinely used in Australian headspace centres, community mental health services, and NDIS functional capacity assessments. The Australian Institute of Health and Welfare recognises it as a standard outcome measure.

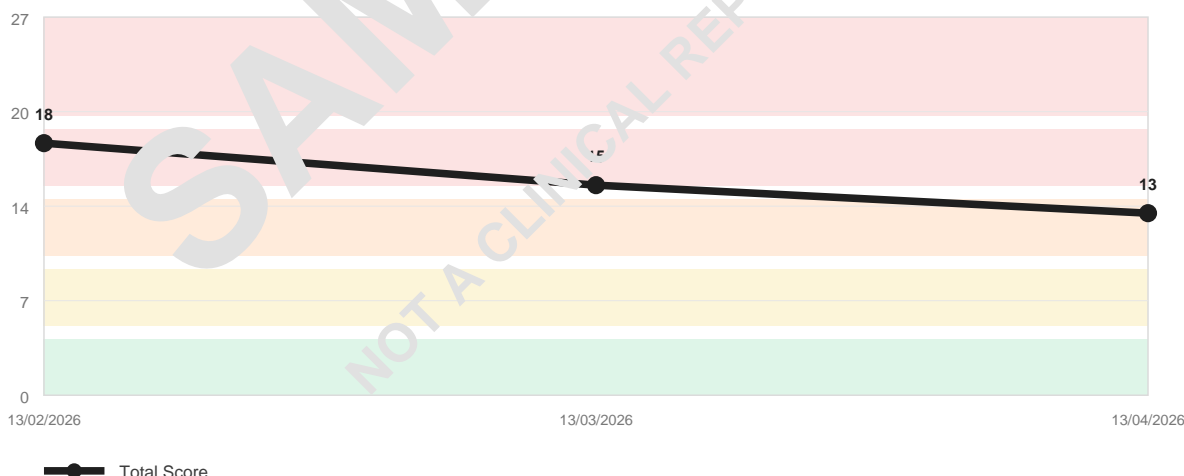


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SCORE HISTORY

Date	Score	Severity
13/02/2026	18	moderately severe
13/03/2026	15	moderately severe
13/04/2026	13	moderately

SCORE TRAJECTORY



RESPONSE DETAILS

#	Statement	Not at all	Several days	More than half the days	Nearly every day
1	Little interest or pleasure in doing things	<input type="radio"/>	<input type="radio"/>	<input checked="" type="radio"/>	<input type="radio"/>
2	Feeling down, depressed, or hopeless	<input type="radio"/>	<input type="radio"/>	<input checked="" type="radio"/>	<input type="radio"/>
3	Trouble falling or staying asleep, or sleeping too much	<input type="radio"/>	<input checked="" type="radio"/>	<input type="radio"/>	<input type="radio"/>
4	Feeling tired or having little energy	<input type="radio"/>	<input type="radio"/>	<input checked="" type="radio"/>	<input type="radio"/>
5	Poor appetite or overeating	<input type="radio"/>	<input checked="" type="radio"/>	<input type="radio"/>	<input type="radio"/>
6	Feeling bad about yourself - or that you are a failure or have let yourself or your family down	<input type="radio"/>	<input checked="" type="radio"/>	<input type="radio"/>	<input type="radio"/>
7	Trouble concentrating on things, such as reading the newspaper or watching television	<input type="radio"/>	<input type="radio"/>	<input checked="" type="radio"/>	<input type="radio"/>
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	<input type="radio"/>	<input checked="" type="radio"/>	<input type="radio"/>	<input type="radio"/>
9	Thoughts that you would be better off dead, or of hurting yourself in some way	<input type="radio"/>	<input checked="" type="radio"/>	<input type="radio"/>	<input type="radio"/>

Grounded Scribe Platform

Item-level response details, score tracking over time, RCI analysis, and outcome reports are available when assessments are administered through the platform.



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REFERENCES

1. Kroenke K, Spitzer RL, Williams JB. The PHQ-9: validity of a brief depression severity measure. *J Gen Intern Med.* 2001;16(9):606-613.
2. Levis B, Benedetti A, Thombs BD. Accuracy of Patient Health Questionnaire-9 (PHQ-9) for screening to detect major depression: individual participant data meta-analysis. *BMJ.* 2019;365:l14.
3. Gilbody S, Richards D, Brealey S, Hewitt C. Screening for depression in medical settings with the Patient Health Questionnaire (PHQ): a diagnostic meta-analysis. *J Gen Intern Med.* 2007;22(11):696-1602.
4. Stocker R, Tran T, Hammarberg K, Nguyen T, Rowley K, Fisher J. Patient Health Questionnaire 9 (PHQ-9) and General Anxiety Disorder 7 (GAD-7) data contributed by 13,820 respondents to a national survey about COVID-19 restrictions in Australia. *Psychiatry Res.* 2021;298:113792. doi:10.1016/j.psychres.2021.113792.
5. Brown ADH, Mentha R, Rowley KG, Smeeth L, O'Dea K. Depression in Aboriginal men in central Australia: adaptation of the Patient Health Questionnaire 9. *BMJ Psychiatry.* 2013;13:271. doi:10.1186/1741-244X-13-271.
6. Australian Government Department of Health. Better Access to Psychiatrists, Psychologists and General Practitioners through the MBS initiative.

ACKNOWLEDGEMENT & LICENSING

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