



Patient Mania Questionnaire & Patient Health Questionnaire - Depression (PMQ-9-PHQ-9)

Instructions:

Read the instructions carefully to answer the questions:

		Not at all	Several Days	More Than Half of Days	Nearly Every Day
1	Had little or no sleep, and still felt energized	0	1	2	3
2	Felt easily irritated	0	1	2	3
3	Felt overactive	0	1	2	3
4	Acted impulsively or done things without thinking about consequences	0	1	2	3
5	Felt sped up or restless	0	1	2	3
6	Been easily distracted	0	1	2	3
7	Felt pressure to keep talking or been told by someone you are more talkative	0	1	2	3
8	Felt argumentative	0	1	2	3
9	Had racing thoughts	0	1	2	3
10	Little interest or pleasure in doing things	0	1	2	3
11	Feeling down, depressed, or hopeless	0	1	2	3
12	Trouble falling or staying asleep, or sleeping too much	0	1	2	3
13	Feeling tired or having little energy	0	1	2	3
14	Poor appetite or overeating	0	1	2	3
15	Feeling bad about yourself — or that you are a failure or have let yourself or your family down	0	1	2	3
16	Trouble concentrating on things, such as reading the newspaper or watching television	0	1	2	3
17	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	0	1	2	3



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	Not at all	Several Days	More Than Half of Days	Nearly Every Day
18 Thoughts that you would be better off dead or of hurting yourself in some way	0	1	2	3

Developer Reference:

Cerimele, J. M., Russo, J., Bauer, A. M., Hawrilenko, M., Pyne, J. M., Dalack, G. W., Kroenke, K., Unützer, J., & Fortney, J. C. (2022). The patient mania questionnaire (PMQ-9): A brief scale for assessing and monitoring manic symptoms. *Journal of General Internal Medicine*, 37(7), 1680–1687. <https://doi.org/10.1007/s11606-021-06947-7>

Kroenke, K., Spitzer, R. L., & Williams, J. B. W. (2001). The PHQ-9: Validity of a brief depression severity measure. *Journal of General Internal Medicine*, 16(9), 606–613. <https://doi.org/10.1046/j.1525-1497.2001.016009606.x>

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