

Patient Health Questionnaire 15-Item Somatic Symptom Severity Scale (PHQ-15)

The PHQ-15 is a somatic symptom subscale derived from the full Patient Health Questionnaire (PHQ) which is a self-administered version of the PRIME-MD diagnostic instrument for common mental disorders. The PHQ-15 comprises 15 somatic symptoms from the PHQ, each symptom scored from 0 (“not bothered at all”) to 2 (“bothered a lot”). Patients are asked to rate the severity of each symptom as:

- 0 (“not bothered at all”),
- 1 (“bothered a little”), or
- 2 (“bothered a lot”).

The PHQ-15 is intended to function as a continuous measure of somatic symptom severity. The PHQ-15 score is divided into several categories to illustrate more clearly the relationship between graded increases in somatic symptom severity and various health outcomes.

Levels of Somatic Symptom Severity	PHQ-15 score
Minimal	0–4
Low	5–9
Medium	10–14
High	15–30