Name: Date:

**PATIENT HEALTH QUESTIONNAIRE- 9 (PHQ-9)**

Over the last 2 weeks, how often have you been bothered by any of the following problems?

*(Use “*✔*” to indicate your answer)* **Not at all**

**Several days**

**More than half the days**

**Nearly every day**

1. Little interest or pleasure in doing things 0 1 2 3
2. Feeling down, depressed, or hopeless 0 1 2 3
3. Trouble falling or staying asleep, or sleeping too much 0 1 2 3
4. Feeling tired or having little energy 0 1 2 3
5. Poor appetite or overeating 0 1 2 3
6. Feeling bad about yourself — or that you are a failure or 0 1 2 3

have let yourself or your family down

1. Trouble concentrating on things, such as reading the 0 1 2 3

newspaper or watching television

1. 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

1. Thoughts that you would be better off dead or of hurting 0 1 2 3

yourself in some way

**FOR OFFICE CODING** *0* **+ + +**

**=Total Score:**

If you checked off any problems, how difficult have these problems made it for you to do your work, take care of things at home, or get along with other people?

Not difficult at all

□

Somewhat difficult

□

Very difficult

□

Extremely difficult

□

Developed by Drs. Robert L. Spitzer, Janet B.W. Williams, Kurt Kroenke and colleagues, with an educational grant from Pfizer Inc. No permission required to reproduce, translate, display or distribute.

Generalized Anxiety Disorder 7-item (GAD-7) scale

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| Over the last 2 weeks, how often have you been bothered by the following problems?   1. Feeling nervous, anxious, or on edge 2. Not being able to stop or control worrying 3. Worrying too much about different things 4. Trouble relaxing 5. Being so restless that it's hard to sit still 6. Becoming easily annoyed or irritable 7. Feeling afraid as if something awful might happen   *Add the score for each column*  Total Score *(add your column scores)* = | Not at | Several | Over half | Nearly |
| all | days | the days | every day |
| 0 | 1 | 2 | 3 |
| 0 | 1 | 2 | 3 |
| 0 | 1 | 2 | 3 |
| 0 | 1 | 2 | 3 |
| 0 | 1 | 2 | 3 |
| 0 | 1 | 2 | 3 |
| 0 | 1 | 2 | 3 |
| + | + | + |  |
|  | | | |

If you checked off any problems, how difficult have these made it for you to do your work, take care of things at home, or get along with other people?

Not difficult at all Somewhat difficult Very difficult Extremely difficult

Source: Spitzer RL, Kroenke K, Williams JBW, Lowe B. A brief measure for assessing generalized anxiety disorder. *Arch Inern Med.* 2006;166:1092-1097.