Patient Health Questionnaire and General Anxiety Disorder (PHQ-9 and GAD-7)

(FIQ-9 and GA	D-7)			
DatePatient Name:			th:	_
Over the <u>last 2 weeks</u> , how often have you been bothered by an <u>Please circle your answers</u> .	y of the fo	llowing pro	oblems?	
PHQ-9	Not at all	Several days	More than half the days	Nearly every day
 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 4	. 2	3
 Feeling bad about yourself – or that you are a failure or have led yourself or your family down. 	0	1	2	3
Trouble concentrating on things, such as reading the newspaper or watching television.	0	1	2	3
 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

Total Score (add your column sco	res):
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2

3

1

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? (Circle one)

0

Not difficult at all	Somewhat difficult	Very Difficult	Extremely Difficult
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Over the <u>last 2 weeks</u>, how often have you been bothered by any of the following problems? Please circle your answers.

Add the score for each column

Thoughts that you would be better off dead, or of hurting

yourself in some way.

G/	AD-7	Not at all sure	Several days	Over half the days	Nearly every day
1.	Feeling nervous, anxious, or on edge.	0	1	2	3
2.	Not being able to stop or control worrying.	0	1	2	3
3.	Worrying too much about different things.	0	1	2	3
4.	Trouble relaxing.	0	1	2	3
5.	Being so restless that it's hard to sit still.	0	1	2	3
6.	Becoming easily annoyed or irritable.	0	1	2	3
7.	Feeling afraid as if something awful might happen.	0	1	2	3
	Add the score for each column				

Total Score (add your column scores):

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? (Circle one)

Not difficult at all Somewhat difficult Very Difficult Extremely Difficult