

Patient Health Questionnaire (GAD 7)

Name: \_\_\_\_\_

Date: \_\_\_\_\_

Over the last 2 weeks, have you felt bothered by any of these things?	Not at all	Several Days	More than 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 is 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 Columns

\_\_\_\_\_ + \_\_\_\_\_ + \_\_\_\_\_

**Total** \_\_\_\_\_

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

Not difficult at all

Somewhat difficult

Very difficult

Extremely difficult

Patient Health Questionnaire (PHQ-9)

Name: \_\_\_\_\_

Date: \_\_\_\_\_

Over the last 2 weeks, how often have you been bothered by any of the following problems?	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 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 have let yourself or family down	0	1	2	3
7. Trouble concentrating on things, such as reading the newspaper or watching television	0	1	2	3
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	0	1	2	3
9. Thoughts that you would be better off dead, or of hurting yourself in some way	0	1	2	3

Add Columns

\_\_\_\_\_ + \_\_\_\_\_ + \_\_\_\_\_

**Total** \_\_\_\_\_

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

Not difficult at all

Somewhat difficult

Very difficult

Extremely difficult