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PHQ-9 and GAD-7

1. Today's Date: First Name: MI: Last Name: DOB:

2. **PHQ-9 - Over the last 2 weeks, how often have you been bothered by any of the following problems?**

PHQ-9	Not at all	Several days	More than half the days	Nearly everyday
Little interest or pleasure in doing things				
Feeling down, depressed, or hopeless				
Trouble falling or staying asleep, or sleeping too much				
Feeling tired or having little energy				
Poor appetite or overeating				
Feeling bad about yourself - or that you are a failure or have let yourself or your family down				
Trouble concentrating on things, such as reading the newspaper or watching TV				
Moving or speaking so slowly that other people have noticed. Or the opposite -- being so fidgety or restless that you have been moving around a lot more than usual				
Thoughts that you would be better off dead, or of hurting yourself				

3. **If you checked off any problems on the PHQ-9, 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

4. GAD-7 - Over the last 2 weeks, how often have you been bothered by any of the following problems?

GAD-7	Not at all	Several days	More than half the days	Nearly everyday
Feeling nervous, anxious, or on edge				
Not being able to stop or control worrying				
Worrying too much abut different things				
Trouble relaxing				
Being so restless that it's hard to sit still				
Becoming easily annoyed or irritable				
Feeling aftaid as if something awful might happen				

5. If you checked off any problems on the GAD-7, 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