





























































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

In the last 2 weeks have you had any of these things?

PHQ-9 Score:	0 Not at all	1 Several days	2 More than half the days	3 Nearly every day
1. Little interest or pleasure in doing things <i>Are you still interested in doing things?</i> <i>Do you still enjoy things?</i>				
2. Feeling down, depressed or hopeless <i>Have you been feeling sad or very sad?</i>				
3. Trouble falling or staying asleep, or sleeping too much <i>Do you have any problems getting to sleep?</i> <i>Do you sleep all night?</i> <i>Do you sleep a lot at night and in the day?</i>				
4. Feeling tired or having little energy <i>Have you been feeling sleepy?</i>				
5. Poor appetite or overeating <i>Are you eating more food than normal?</i>				

<p>Are you eating less food than normal?</p>				
<p>6. Feeling bad about yourself or that you are a failure or have let yourself or your family down <i>Do you feel you have failed?</i></p>				
<p>7. Trouble concentrating on things, such as reading the newspaper or watching television <i>Do you find that you can't do something for as long as you used to?</i></p>				
<p>8. Moving or speaking so slowly that other people could have noticed? <i>Have people said that you are speaking more slowly or moving more slowly than usual?</i> <i>Have you felt like you can't sit still?</i></p>				
<p>9. Thoughts that you would be better off dead or of hurting yourself in some way <i>Have you had any thoughts that you want to die?</i> <i>Have you had any thoughts about killing yourself or hurting yourself?</i></p>				

GAD-7 Score:	0 Not at all	1 Several days	2 More than half the days	3 Nearly every day
1. Feeling nervous, anxious or on edge <i>Have you been feeling worried?</i>				
2. Not being able to stop or control worrying <i>Have you been able to stop worrying?</i>				
3. Worrying too much about different things <i>Have you been worrying about lots of things?</i>				
4. Trouble relaxing <i>Can't relax? Do you find it hard to relax? Hard to relax?</i>				
5. Being so restless that it is hard to sit still <i>Have you felt like you've had ants in your pants? not sure everyone would understand this. Maybe just do you find it hard to sit still?</i>				
6. Becoming easily annoyed or irritable <i>Have you got angry easily?</i>				
7. Feeling afraid as if something awful might happen <i>Have you worried that something bad might happen?</i>	