

PATIENT HEALTH QUESTIONNAIRE (PHQ-9)

NAME: _____ DATE: _____

Over the last 2 weeks, how often have you been bothered by the following problems?
(use “√” to indicate your answer)

	Not at all	A few Days	Several Days	More than half the days	Nearly Every Day
1. Little interest or pleasure in doing things	0	0.5	1	2	3
2. Feeling down, depressed, or hopeless (* SEE MOOD RATING BELOW)	0	0.5	1	2	3
3. Trouble falling or staying asleep, or sleeping too much.	0	0.5	1	2	3
4. Feeling tired or having little energy.	0	0.5	1	2	3
5. Poor appetite or overeating.	0	0.5	1	2	3
6. Feeling bad about yourself – or that you are a failure or have let yourself or your family down.	0	0.5	1	2	3
7. Trouble concentrating on things, such as reading the newspaper or watching television.	0	0.5	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	0.5	1	2	3
9. Thoughts that you would be better off dead, or of hurting yourself.	0	0.5	1	2	3

TOTAL: _____ + _____ + _____ + _____

10. * Please rate your mood 0, 1, 2, 3, 4, 5, 6, 7, 8, 9, 10
(Circle One)
(0 = depressed, despairing) (10 = happy, content)

11. 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	_____

Name: _____ Date: _____

GAD-7

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

Not at all

A few days

Several days

More than half the days

Nearly everyday

(Please circle your answer)

1. Feeling nervous, anxious or on edge 0 0.5 1 2 3

2. Not being able to stop or control worrying 0 0.5 1 2 3

3. Worrying too much about different things 0 0.5 1 2 3

4. Trouble relaxing 0 0.5 1 2 3

5. Being so restless that it is hard to sit still 0 0.5 1 2 3

6. Becoming easily annoyed irritable 0 0.5 1 2 3

7. Feeling afraid as if something awful might happen 0 0.5 1 2 3

(For office coding: Total Score T _____ = _____ + _____ + _____ + _____)

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 _____

The GAD-7 was developed by Drs. Robert I. Spitzer, Janet B.W. Williams, Kurt Kroenke and colleagues, with and educational grant from Pfizer Inc. No permission required to produce, translate, displace or distribute.