

Name Date

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

PHQ-9	Use "✓" to indicate your answer in the box	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 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	2	3
6	Feeling bad about yourself — or that you are a failure or have let yourself or your 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
GAD-7	Use "✓" to indicate your answer in the box	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

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

PHQ-9 OUTCOMES	DEPRESSION SEVERITY	PROPOSED TREATMENT ACTIONS
0 to 4	NONE	NONE
5 to 9	MILD	WATCHFUL WAITING
10 to 14	MODERATE	TREATMENT PLAN, CONSIDER COUNSELLING, FOLLOW-UP AND/OR PHARMACOTHERAPY
15 to 19	MODERATELY SEVERE	IMMEDIATE INITIATION OF PHARMACOTHERAPY AND/OR PSYCHOTHERAPY
20 to 27	SEVERE	IMMEDIATE INITIATION OF PHARMACOTHERAPY IF SEVERE IMPAIRMENT, OR POOR RESPONSE TO THE MANAGEMENT

GAD-7 OUTCOMES	DEPRESSION SEVERITY	PROPOSED TREATMENT ACTIONS
0 to 4	NONE	NONE
5 to 9	MILD	
10 to 14	MODERATE	GREATER THAN 10, CONSIDER FURTHER EVALUATION
15 to 21	SEVERE	