

PHQ-9	<i>Over the last 2 weeks (or other agreed time period) how often have you been bothered by any of the following problems?</i>	<i>not at all</i>	<i>several days</i>	<i>more than half the</i>	<i>nearly every day</i>
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	0	1	2	3
9.	Thoughts that you would be better off dead or of hurting yourself in some way	0	1	2	3
<i>PHQ-9 total score =</i>					

GAD 7 Over the <u>last 2 weeks</u> , how often have you been bothered by the following problems?	Not at all	Several Days	More than half the days	Nearly everyday
	0	1	2	3
1. Feeling nervous, anxious or on edge				
2. Not being able to stop or control worrying				
3. Worrying too much about different things				
4. Trouble relaxing				
5. Being so restless that it is hard to sit still				
6. Becoming easily annoyed or irritable				
7. Feeling afraid as if something awful might happen				
If you checked off <u>any</u> problems, how <u>difficult</u> have these problems made it for you to do your work, take care of things at home, or get along with other people?	<input type="radio"/> Not difficult at all <input type="radio"/> Somewhat difficult <input type="radio"/> Very difficult			

Please answer the following questions:

My overall physical PAIN today is: (no pain) 0 - 1 - 2 - 3 - 4 - 5 - 6 - 7 - 8 - 9 - 10 (worst pain)

My mood today feels like _____

Are you on medication prescribed by Mental Health Clinic? Y / N Side effect(s): Y / N

DATE:

Name:

Last Four: