

**PATIENT HEALTH QUESTIONNAIRE (PHQ-9)
& GENERALIZED ANXIETY DISORDER (GAD-7)**

Date: _____

PHQ-9

Over the last 2 weeks, how often have you been bothered by any of the following problems? (Circle your answer)	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 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

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? (circle your answer)

Not difficult at all	Somewhat difficult	Very difficult	Extremely difficult
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GAD-7

Over the last 2 weeks, how often have you been bothered by any of the following problems? (Circle your answer)	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

Total PHQ – 9 Score:

Total GAD – 7 score:

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Guidelines for use:

1. Direct the patient to complete either one or both questionnaires.
2. Healthcare professional may use results to guide treatment goals, establish baseline to monitor severity over time and/or determine degree of response.

SCORING PHQ-9 & GAD 7

Add up scores for each questionnaire separately.

PATIENT HEALTH QUESTIONNAIRE (PHQ-9) INTERPRETATION OF TOTAL SCORE

Total Score	Depression Severity
1-4	Minimal depression
5-9	Mild depression
10-14	Moderate depression
15-19	Moderately severe depression
20-27	Severe depression

GENERALIZED ANXIETY DISORDER (GAD-7) INTERPRETATION OF TOTAL SCORE

Total Score	Anxiety Severity
0-4	Minimal anxiety
5-9	Mild anxiety
10-14	Moderate anxiety
15-21	Severe anxiety

Note: These questionnaires rely on patient self-report; all responses should be verified by the clinician, taking into account how well the patient understood the questionnaire, as well as other relevant information from the patient when considering diagnosis.

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