



*Are you feeling*  
Depressed  
or  
Anxious?

Your mental health **is important**. Sometimes, problems go unnoticed and can lead to more serious concerns.

Research shows that earlier detection and treatment can lead to better outcomes. The key point is that treatment **IS** available.

The PHQ-9 and GAD-7 are widely used screening tools to help identify levels of concern. They are broadly valid and reliable easy-to-use instruments.

Answer the questions on the back, honestly, and share the responses with your physician for further conversation.

#### Reference

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# PHQ - 9 & GAD - 7

## Adult (25yr +) SELF Report

Instructions: Place a check (✓) in the box that best represents your answer.  
Over the last TWO (2) weeks, how often have you been bothered by the following problems?

	(0) Not at all	(1) Several days	(2) More than half the days	(3) Nearly everyday
<b>PHQ-9 (Patient Health Questionnaire) Mood</b>				
1. Little interest or pleasure in doing things.				
2. Feeling down, depressed, or hopeless.				
3. Trouble falling/staying asleep, or sleeping too much.				
4. Feeling tired or having little energy.				
5. Poor appetite or overeating.				
6. Feeling bad about yourself or that you have let yourself or your family down.				
7. Trouble concentrating on things, such as school work, reading, or watching TV.				
8. Moving or speaking so slowly that other people could have noticed; or the opposite, being restless more than usual.				
9. Thoughts that you would be better off dead or of hurting yourself in some way.				
<b>GAD-7 (General Anxiety Disorder)</b>				
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.				
SCORE				