

PATIENT HEALTH QUESTIONNAIRE-9 (PHQ-9)

Depressive Symptoms

Over the past 2 weeks, how often have you been bothered by any of the following problems?	Not at all (0)	Several days (1)	Over half the days (2)	Nearly every day (3)
1. Little interest or pleasure in doing things				
2. Feeling down, depressed or hopeless				
3. Trouble falling asleep, staying asleep or sleeping too much				
4. Feeling tired or having little energy				
5. Poor appetite or overeating				
6. Feeling badly about yourself, or that you're a failure, or that you have let yourself or your family down				
7. Trouble concentrating on such things as reading the newspaper or watching television				
8. Moving or speaking more slowly than usual, so that people could have noticed, or the opposite, being more fidgety or restless than usual				
9. Thoughts that you would be better off dead, or thoughts of hurting yourself in some way				

TOTAL SCORE:

PSYCHOMETRIC SCORING

- PHQ-9 scores of 5, 10, 15 and 20 represented mild, moderate, moderately severe and severe depression, respectively.
- PC-PTSD scores of should be considered "positive" if a person answers "yes" to any two items or the hyper-arousal item.
- GAD-7 scores of 5, 10 and 15 might be interpreted as representing mild, moderate and severe levels of anxiety.

GENERALIZED ANXIETY DISORDER-7 (GAD-7)

Anxious Symptoms

Over the past 2 weeks, how often have you been bothered by any of the following problems?	Not at all (0)	Several days (1)	Over half the days (2)	Nearly every day (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's hard to sit still				
6. Becoming easily annoyed or irritable				
7. Feeling afraid as if something awful might happen				
TOTAL SCORE:				
PSYCHOMETRIC SCORING				
<ul style="list-style-type: none">• PHQ-9 scores of 5, 10, 15 and 20 represented mild, moderate, moderately severe and severe depression, respectively.• PC-PTSD scores of should be considered "positive" if a person answers "yes" to any two items or the hyper-arousal item.• GAD-7 scores of 5, 10 and 15 might be interpreted as representing mild, moderate and severe levels of anxiety.				