

PHQ-9 — Nine Symptom Checklist

Patient Name _____ Date _____

1. Over the last 2 weeks, how often have you been bothered by any of the following problems? Read each item carefully, and circle your response.
 - a. Little interest or pleasure in doing things
Not at all Several days More than half the days Nearly every day
 - b. Feeling down, depressed, or hopeless
Not at all Several days More than half the days Nearly every day
 - c. Trouble falling asleep, staying asleep, or sleeping too much
Not at all Several days More than half the days Nearly every day
 - d. Feeling tired or having little energy
Not at all Several days More than half the days Nearly every day
 - e. Poor appetite or overeating
Not at all Several days More than half the days Nearly every day
 - f. Feeling bad about yourself, feeling that you are a failure, or feeling that you have let yourself or your family down
Not at all Several days More than half the days Nearly every day
 - g. Trouble concentrating on things such as reading the newspaper or watching television
Not at all Several days More than half the days Nearly every day
 - h. Moving or speaking so slowly that other people could have noticed. Or being so fidgety or restless that you have been moving around a lot more than usual
Not at all Several days More than half the days Nearly every day
 - i. Thinking that you would be better off dead or that you want to hurt yourself in some way
Not at all Several days More than half the days Nearly every day
2. If you checked off any problem on this questionnaire so far, 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

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GAD-7

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

Not at all

Several days

More than half the days

Nearly every day

(Use "✓" to indicate your answer)

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

(For office coding: Total Score T_____ = _____ + _____ + _____)