

# PATIENT HEALTH QUESTIONNAIRE (PHQ-SADS)

This questionnaire is an important part of providing you with the best health care possible. Your answers will help in understanding problems that you may have. Please answer every question to the best of your ability

**A. During the last 4 weeks, how much have you been bothered by any of the following problems?**

	Not bothered <b>(0)</b>	Bothered a little <b>(1)</b>	Bothered a lot <b>(2)</b>
1. Stomach pain.....	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
2. Back pain.....	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
3. Pain in your arms, legs, or joints (knees, hips, etc.)...	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
4. Feeling tired or having little energy.....	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
5. Trouble falling or staying asleep, or sleeping too much .....	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
6. Menstrual cramps or other problems with your periods.....	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
7. Pain or problems during sexual intercourse.....	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
8. Headaches.....	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
9. Chest pain.....	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
10. Dizziness.....	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
11. Fainting spells.....	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
12. Feeling your heart pound or race.....	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
13. Shortness of breath.....	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
14. Constipation, loose bowels, or diarrhea.....	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
15. Nausea, gas, or indigestion.....	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

**PHQ-15 Score**  = \_\_\_\_ + \_\_\_\_

**B. Over the last 2 weeks, how often have you been bothered by any of the following problems?**

	Not at all <b>(0)</b>	Several days <b>(1)</b>	More than half the days <b>(2)</b>	Nearly every day <b>(3)</b>
1. Feeling nervous anxiety or on edge ....	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
2. Not being able to stop or control worrying.....	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
3. Worrying too much about different things.....	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
4. Trouble relaxing .....	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
5. Being so restless that it is hard to sit still.....	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
6. Becoming easily annoyed or irritable.....	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
7. Feeling afraid as if something awful might happen .....	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

**GAD-7 Score**  = \_\_\_\_ + \_\_\_\_ + \_\_\_\_

**C. Questions about anxiety attacks.**

a. In the last 4 weeks, have you had an anxiety attack — suddenly feeling fear or panic?.....

**NO**

**YES**

**If you checked "NO", go to question E.**

b. Has this ever happened before?.....

c. Do some of these attacks come suddenly out of the blue — that is, in situations where you don't expect to be nervous or uncomfortable?.....

d. Do these attacks bother you a lot or are you worried about having another attack?.....

e. During your last bad anxiety attack, did you have symptoms like shortness of breath, sweating, or your heart racing, pounding or skipping?.....

**D. Over the last 2 weeks, how often have you been bothered by any of the following problems?**

**Not at all  
(0)**

**Several  
days  
(1)**

**More  
than 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 or 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 are a failure or have let yourself or your family down.....

7. Trouble concentrating on things, such as reading the newspaper or watching television.....

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.....

9. Thoughts that you would be better off dead or hurting yourself in some way.....

**PHQ-9 Score**

=

\_\_\_\_\_

+

\_\_\_\_\_

+

\_\_\_\_\_

**E. If you checked off any problems on this questionnaire, 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**