GAD-7 (Anxiety)

Over the last 2 weeks, how often have you

PHQ-9 (Depression)				
Over the <u>last 2 weeks</u> , how often have you been bothered by any of the following problems? (Use " 🗸 to indicate your answer)		Several days	More than half the days	Nearly every day
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

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