

ABOUT MENTAL HEALTH ASSESSMENTS

This PDF represents your answers to clinical standard questions on a PHQ-9 and GAD-7 questionnaire. These questionnaires are designed for a clinician to assess a person's risk, at that moment, for the two most common mental health conditions—depression and anxiety. The results are not a diagnosis. Only your doctor or care team can determine whether or not you have a condition.

NEXT STEPS

You may want to pay close attention to how you're feeling over the next two weeks and retake the questionnaire to see how you are doing. The results of your questionnaire are not a diagnosis of any mental health condition.

ASSESSMENT TAKEN JUNE 9

Anxiety Risk (GAD-7)

Result 8 - Mild

1. Feeling nervous, anxious or on edge
More than half the days
2. Not being able to stop or control worrying
More than half the days
3. Worrying too much about different things
More than half the days
4. Trouble relaxing
Several days
5. Being so restless that it is hard to sit still
Not at all
6. Becoming easily annoyed or irritable
Several days
7. Feeling afraid as if something awful might happen
Not at all

ASSESSMENT TAKEN JUNE 9

Depression Risk (PHQ-9)

Result 8 - Mild

1. Little interest or pleasure in doing things
Several days
2. Feeling down, depressed, or hopeless
Several days
3. Trouble falling or staying asleep, or sleeping too much
Several days
4. Feeling tired or having little energy
Nearly every day
5. Poor appetite or overeating
Several days
6. Feeling bad about yourself — or that you are a failure or have let yourself or your family down
Several days
7. Trouble concentrating on things, such as reading the newspaper or watching television
Not at all
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
Not at all
9. Thoughts that you would be better off dead or of hurting yourself in some way
Not at all