

Mental Health Screening Summary (Reference Guide)

This document summarizes the criteria and scoring methods for two widely used mental health screening tools, PHQ-9 and GAD-7, as well as DSM-5 diagnostic guidance.

PHQ-9 (Patient Health Questionnaire-9)

A tool to screen for depression.

Questions (9 items): - Cover interest, mood, sleep, energy, appetite, self-esteem, concentration, psychomotor changes, suicidal thoughts.

Scoring per question: - 0: Not at all - 1: Several days - 2: More than half the days - 3: Nearly every day

Severity Levels: - 0–4: Minimal depression - 5–9: Mild depression - 10–14: Moderate depression - 15–19: Moderately severe depression - 20–27: Severe depression

Key Indicator: - Item 9 (suicidal ideation) should be flagged immediately if not 0.

GAD-7 (Generalized Anxiety Disorder-7)

A tool to screen for generalized anxiety disorder.

Questions (7 items): - Address nervousness, worrying, restlessness, irritability, fear, and relaxation difficulties.

Scoring per question: - 0: Not at all - 1: Several days - 2: More than half the days - 3: Nearly every day

Severity Levels: - 0–4: Minimal anxiety - 5–9: Mild anxiety - 10–14: Moderate anxiety - 15–21: Severe anxiety

DSM-5 Criteria (Excerpts for Depression & Anxiety)

Major Depressive Disorder:

- At least 5 symptoms present for 2 weeks, including either:
 - Depressed mood
 - Loss of interest/pleasure
- Other symptoms: weight change, sleep issues, fatigue, guilt, cognitive issues, suicidal thoughts.
- Symptoms must cause significant distress or impairment.

Generalized Anxiety Disorder:

- Excessive anxiety/worry occurring more days than not for at least 6 months.
- Difficulty controlling the worry.
- Associated with 3+ of the following:
 - Restlessness
 - Fatigue
 - Difficulty concentrating
 - Irritability
 - Muscle tension
 - Sleep disturbance

Symptoms must cause clinically significant distress or impairment and not be attributable to other conditions.

Note: This guide is for reference purposes only. Diagnosis should be made by a licensed mental health professional.