**Four-Item Public Health Questionnaire (PHQ-4)**

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| **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** |
| 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. Feeling down, depressed, or hopeless | 0 | 1 | 2 | 3 |
| 4. Little interest or pleasure in doing things | 0 | 1 | 2 | 3 |

K. Kroenke, R. L. Spitzer, J. B. W. Williams, and B. Löwe, “An Ultra-Brief Screening Scale for Anxiety and Depression: The PHQ–4,” *Psychosomatics*, vol. 50, no. 6, pp. 613–621, Nov. 2009, doi: 10.1016/S0033-3182(09)70864-3.