

Birmingham Healthy Minds

Name:

Date:

Time:

PHQ- 9

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

	Not at all	Several days	More than half the days	Nearly every day
1 Little interest or pleasure in doing things	0	1	2	3
2 Feeling down, depressed, or hopeless	0	1	2	3
3 Trouble falling or staying asleep, or sleeping too much	0	1	2	3
4 Feeling tired or having little energy	0	1	2	3
5 Poor appetite or overeating	0	1	2	3
6 Feeling bad about yourself — or that you are a failure or have let yourself or your family down	0	1	2	3
7 Trouble concentrating on things, such as reading the newspaper or watching television	0	1	2	3
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	0	1	2	3
9 Thoughts that you would be better off dead or of hurting yourself in some way	0	1	2	3

A11 – PHQ9 total score

GAD-7

Over the last 2 weeks, how often have you been bothered by any of 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 Worrying too much about different things	0	1	2	3
4 Trouble relaxing	0	1	2	3
5 Being so restless that it is hard to sit still	0	1	2	3
6 Becoming easily annoyed or irritable	0	1	2	3
7 Feeling afraid as if something awful might happen	0	1	2	3

A12 – GAD7 total score

IAPT Phobia Scales

Choose a number from the scale below to show how much you would avoid each of the situations or objects listed below. Then write the number in the box opposite the situation.

0	1	2	3	4	5	6	7	8
Would avoid it	not	Slightly avoid it		Definitely avoid it		Markedly avoid it		Always avoid it
A17	Social situations due to a fear of being embarrassed or making a fool of myself							<input type="text"/>
A18	Certain situations because of a fear of having a panic attack or other distressing symptoms (such as loss of bladder control, vomiting or dizziness)							<input type="text"/>
A19	Certain situations because of a fear of particular objects or activities (such as animals, heights, seeing blood, being in confined spaces, driving or flying).							<input type="text"/>

Employment Status Questions

A14 - Please indicate which of the following options best describes your current status:

Employed full-time (30 hours or more per week)	<input type="checkbox"/>
Employed part-time	<input type="checkbox"/>
Unemployed	<input type="checkbox"/>
Full-time student (or part-time student, not working or seeking work)	<input type="checkbox"/>
Retired	<input type="checkbox"/>
Full-time homemaker or carer	<input type="checkbox"/>
Long term sick or disabled	<input type="checkbox"/>
Unpaid voluntary work (not employed and not seeking paid work)	<input type="checkbox"/>

A15 - Are you currently receiving Statutory Sick Pay?

Yes	<input type="checkbox"/>
No	<input type="checkbox"/>

A16 - Are you currently receiving benefits? (i.e. JSA, ESA, Income support, Incapacity benefit or Universal Credit?)

Yes	<input type="checkbox"/>
No	<input type="checkbox"/>

Work and Social Adjustment

People's problems sometimes affect their ability to do certain day-to-day tasks in their lives. To rate your problems look at each section and determine on the scale provided how much your problem impairs your ability to carry out the activity.

1. **WORK** - if you are retired or choose not to have a job for reasons unrelated to your problem, please tick N/A (not applicable)

0 1 2 3 4 5 6 7 8 N/A
 Not at Slightly Definitely Markedly Very severely, ☐
 all I cannot work

2. **HOME MANAGEMENT** – Cleaning, tidying, shopping, cooking, looking after home/children, paying bills etc

0 1 2 3 4 5 6 7 8
 Not at Slightly Definitely Markedly Very severely
 all

3. **SOCIAL LEISURE ACTIVITIES** - With other people, e.g. parties, pubs, outings, entertaining etc.

0 1 2 3 4 5 6 7 8
 Not at Slightly Definitely Markedly Very severely
 all

WASA
Total

4. **PRIVATE LEISURE ACTIVITIES** – Done alone, e.g. reading, gardening, sewing, hobbies, walking etc.

0 1 2 3 4 5 6 7 8
 Not at Slightly Definitely Markedly Very severely
 all

5. **FAMILY AND RELATIONSHIPS** – Form and maintain close relationships with others including the people that I live with

0 1 2 3 4 5 6 7 8
 Not at Slightly Definitely Markedly Very severely
 all

Are you currently taking any prescribed medication for symptoms of low mood/depression or anxiety?

Prescribed and Taking	<input type="checkbox"/>
Prescribed but Not Taking	<input type="checkbox"/>
Not Prescribed	<input type="checkbox"/>