

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

It can be important to discuss your risk for anxiety and depression with someone you trust.

Your doctor or care team can provide resources to help you manage your symptoms.

The results of your questionnaire are not a diagnosis.

ASSESSMENT TAKEN 12 MAY

Anxiety Risk (GAD-7)

Result 15 - Severe

1. Feeling nervous, anxious or on edge
Nearly every day
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
Several days
6. Becoming easily annoyed or irritable
Nearly every day
7. Feeling afraid as if something awful might happen
Nearly every day

ASSESSMENT TAKEN 12 MAY

Depression Risk (PHQ-9)

Result 22 - Severe

1. Little interest or pleasure in doing things
Nearly every day
2. Feeling down, depressed or hopeless
Nearly every day
3. Trouble falling or staying asleep, or sleeping too much
Nearly every day
4. Feeling tired or having little energy
Nearly every day
5. Poor appetite or overeating
More than half the days
6. Feeling bad about yourself — or that you are a failure or have let yourself or your family down
Nearly every day
7. Trouble concentrating on things, such as reading the newspaper or watching television
Nearly every day
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
Several days
9. Thoughts that you would be better off dead or of hurting yourself in some way
Several days

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.

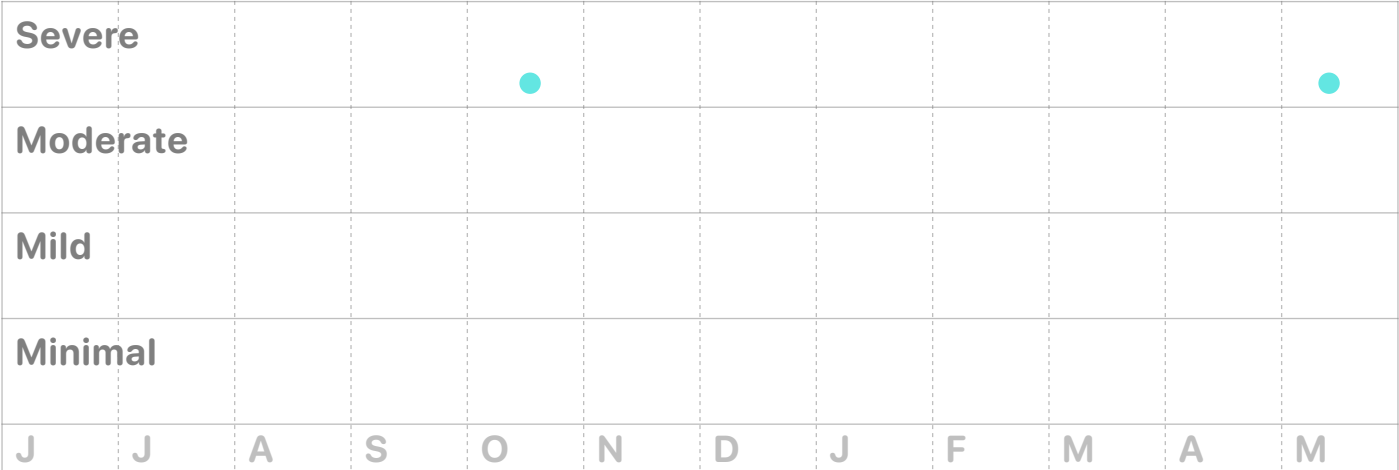
NEXT STEPS

It can be important to discuss your risk for anxiety and depression with someone you trust.

Your doctor or care team can provide resources to help you manage your symptoms.

The results of your questionnaire are not a diagnosis.

ANXIETY / GAD SEVERITY



DEPRESSION / PHQ SEVERITY

