**PHQ-4**

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| --- | --- | --- | --- | --- |
| **Over the last 2 weeks, how often have you   been bothered by the following problems?**  *(Use “✔” to indicate your answer)* | 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. Little interest or pleasure in doing things | 0 | 1 | 2 | 3 |
| 4. Feeling down, depressed, or hopeless | 0 | 1 | 2 | 3 |

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| **मागील** पंधरा दिवसांत **तुम्हाला खालील समस्या कितीवेळा जाणवल्या?**  *(अशी “✔” खूण करून तुमचे उत्तर नोंदवा.)* | मुळीच  नाही | खूप  दिवस | निम्म्याहून  अधिक दिवस | जवळपास  दररोज |
| 1. चिंताग्रस्त, बेचैन आणि अस्वस्थ वाटणे | 0 | 1 | 2 | 3 |
| 2. काळजीचे विचार थांबवता किंवा कमी करता न येणे | 0 | 1 | 2 | 3 |
| 3. कोणतीही गोष्ट करण्यासाठी खूप कमी रस किंवा आनंद वाटणे | 0 | 1 | 2 | 3 |
| 4. निरुत्साही, दु:खी किंवा निराश वाटणे | 0 | 1 | 2 | 3 |

Scoring

PHQ-4 total score ranges from 0 to 12, with categories of psychological distress being:

* **None to Mild 0-5** : Good, that you have handled your emotional hurt very well!

There is always a scope to upgrade our emotional skills. For further information, click here. (Link to Swa.tantraa online programs) or contact our Brain and Mind Gym coach (email of swa.tantraa BMG)

तणाव नाही ते सौम्य तणाव: चांगली गोष्ट आहे की, तुम्ही तुमची भावनिक दुखापत योग्य रीतीने हाताळली आहे! प्रत्येकालाच आपली भावनिक स्वास्थ्य-कौशल्ये आणखी वाढवत नेण्यासाठी नेहेमीच वाव असतो. अधिक माहितीसाठी येथे क्लिक करा.

(Link to Swa.tantraa online programs) or contact our Brain and Mind Gym coach (email of swa.tantraa BMG)

* **Moderate 6-8:** It seems you need still more help to heal your emotional hurts. Please, contact nearest mental health professional as soon as possible. In addition to that you may find our online self-help programs useful for you.

(Link to Swa.tantraa online programs) or contact our Brain and Mind Gym coach (email of swa.tantraa BMG)

तुमच्या दुखापतीतून सावरण्यासाठी तुम्हाला अधिक मदतीची गरज आहे, असे दिसते. कृपया, तुमच्या नजीकच्या मानसिक आरोग्य तज्ञाशी लवकरात लवकर संपर्क करा. त्याशिवाय, तुम्हाला आमच्या ऑनलाईन स्व-मदत प्रोग्राम्सची देखील अधिक मदत होऊ शकेल.

(Link to Swa.tantraa online programs) or contact our Brain and Mind Gym coach (email of swa.tantraa BMG)

* **Severe 9-12:** It is very likely that you are in an urgent need to contact a mental health professional. Please, contact nearest mental health professional as soon as possible. Meanwhile, for immediate help, you can contact (Link to 104)

**(an auto text message to emergency contact person mentioned by the user. ‘ XYZ (the user) has nominated you in the Healing Step App (hyperlink) as an emergency contact person. Please note, XYZ (user) is in emotional crisis and needs urgent professional mental health support. Thank you!’ )**

* **तुमच्या बाबतीत मानसिक आरोग्य तज्ञाची मदत ताबडतोब गरजेची दिसते.** कृपया, तुमच्या नजीकच्या मानसिक आरोग्य तज्ञाशी लवकरात लवकर संपर्क करा. दरम्यान, तात्काळ मदतीसाठी तुम्ही येथे संपर्क करू शकता. (Link to 104)

**(an auto text message to emergency contact person mentioned by the user. ‘ XYZ (the user) has nominated you in the Healing Step App (hyperlink) as an emergency contact person. Please note, XYZ (user) is in emotional crisis and needs urgent professional mental health support. Thank you!’ )**