K-10

1. **During the last 30 days, about how often did you feel tired out for no good reason?**

None of the time

A little of the time

Some of the time

Most of the time

All of the time

**2. During the last 30 days, about how often did you feel nervous?**

**3. During the last 30 days, about how often did you feel so nervous that nothing could calm you**

**down?**

**4. During the last 30 days, about how often did you feel hopeless?**

**5. During the last 30 days, about how often did you feel restless or fidgety?**

**6. During the last 30 days, about how often did you feel so restless you could not sit still?**

**7. During the last 30 days, about how often did you feel depressed?**

**8. During the last 30 days, about how often did you feel that everything was an effort?**

**9. During the last 30 days, about how often did you feel so sad that nothing could cheer you up?**

**10. During the last 30 days, about how often did you feel worthless?**

**PHQ-9**

|  |
| --- |
| a. Little interest or pleasure in doing things |
| b. Feeling down, depressed, or hopeless |
| c. Trouble falling/staying asleep, sleeping too much |
| d. Feeling tired or having little energy |
| e. Poor appetite or overeating |
| f. Feeling bad about yourself or that you are a failure or have let yourself or your family down |
| g. Trouble concentrating on things, such as reading the newspaper or watching television. |
| h. 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. |
| 1. Thoughts that you would be better off dead or of hurting yourself in some way. |