Mood self-assessment

Scoring is as follows: Not at all = 0, Several days = 1, More than half the days = 2, Nearly every day = 3.

Depression score are measured from question 1-8. Depression score range from 0-24

Anxiety score from 10-16. Anxiety score range from 0-21

1. How often have you had little interest or pleasure in doing things?
2. How often have you been bothered by feeling down, depressed or hopeless?
3. How often have you been bothered by trouble falling or staying asleep, or sleeping too much?
4. How often have you been bothered by feeling tired or having little energy?
5. How often have you been bothered by poor appetite or overeating?
6. How often have you been bothered by feeling bad about yourself, or that you are a failure, or have let yourself or your family down?
7. How often have you been bothered by trouble concentrating on things, such as reading the newspaper or watching television?
8. How often have you been bothered by 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?
9. Have you had an anxiety attack (suddenly feeling fear or panic)?
10. (Have an extra command/option to explain what anxiety attack is). Anxiety attack is symptoms of overwhelm, fear, apprehension and anxiety. With physical symptoms of nausea, sweating, trembling
11. How often have you been bothered by feeling nervous, anxious or on edge?
12. How often have you been bothered by not being able to stop or control worrying?
13. How often have you been bothered by worrying too much about different things?
14. How often have you been bothered by having trouble relaxing?
15. How often have you been bothered by being so restless that it is hard to sit still?
16. How often have you been bothered by becoming easily annoyed or irritable?
17. How often have you been bothered by feeling afraid as if something awful might happen?
18. Have you been bothered by worrying about any of the following?
19. If this questionnaire has highlighted any problems, how difficult have these problems made it for you to do your work, take care of things at home, or get along with other people?

A MORE NATURAL APPROACH. Standard consultation flow chart

1. Introduction self: “Hello, I’m Dr. Dan and I will be your Dr man today” etc etc. Requirement: Warm voices, BONUS: Use regional voice for regional area
2. Generic questions of “Please answer in details why you come for counselling, how do you feel, what is bothering you?”. Scan for keywords: Self-harm, violence, poisoning, injury, paracetamol, aspirin, Benzodiazepines, antidepressant, alcohol, drink, pills, tablets, cut, bleeding,
3. Brief screening of the patient based on PHQ-9 questionnaires: “We will ask you to answer 9 following questions in order to prepare you for your appointment. It would take around 10 minutes; I hope that is alright with you. Please rate from 0-4, over the last 2 weeks, how often have you been bothered by the following problems? Please rate from 0-4 using your voice or the keypads.
   1. Little interest or pleasure in doing things
   2. Feeling down, depressed or hopeless
   3. Trouble falling or staying asleep, or sleeping too much
   4. Feeling tired or having little energy
   5. Poor appetite or overeating
   6. Feeling bad about yourself, or that you are a failure or have let your family down
   7. Trouble concentrating on things, such as reading the newspaper or watching television
   8. Moving or speaking so slowly that people noticed, or fidgety or restless
   9. Thoughts of self-harm or suicidal thoughts