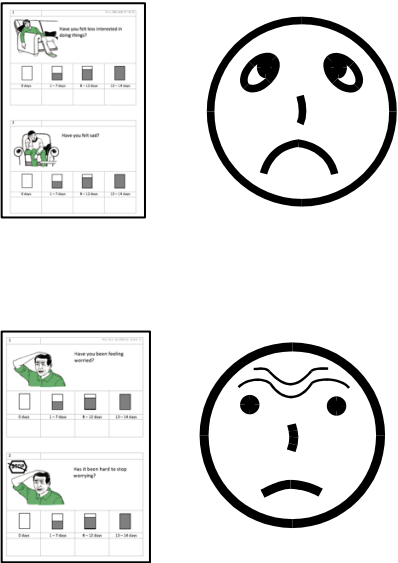















ADAPTED PHQ-9 & GAD-7 QUESTIONNAIRES

How to fill in these questionnaires:

 <p>The image shows two sample questionnaire items. The first asks 'Have you felt sad or interested in doing things?' and the second asks 'Have you felt sad?'. Both have four response boxes labeled 'None', '1-3 days', '4-7 days', and '8-14 days'. To the right of each item is a sad face icon.</p>	<p>These questionnaires are used by psychology services to help us understand how people feel.</p> <ul style="list-style-type: none"> • One questionnaire measures how sad people feel. • One questionnaire measures how worried people feel. <p>Questionnaires also help us see if people feel better after they see us.</p>																																										
<p style="text-align: center;">CALENDAR</p> <table border="1" style="margin-left: auto; margin-right: auto;"> <thead> <tr> <th>Mon</th> <th>Tue</th> <th>Wed</th> <th>Thu</th> <th>Fri</th> <th>Sat</th> <th>Sun</th> </tr> </thead> <tbody> <tr> <td></td> <td>1</td> <td>2</td> <td>3</td> <td>4</td> <td>5</td> <td>6</td> </tr> <tr> <td>7</td> <td>8</td> <td>9</td> <td>10</td> <td>11</td> <td>12</td> <td>13</td> </tr> <tr> <td>14</td> <td>15</td> <td>16</td> <td>17</td> <td>18</td> <td>19</td> <td>20</td> </tr> <tr> <td>21</td> <td>22</td> <td>23</td> <td>24</td> <td>25</td> <td>26</td> <td>27</td> </tr> <tr> <td>28</td> <td>29</td> <td>30</td> <td>31</td> <td></td> <td></td> <td></td> </tr> </tbody> </table>	Mon	Tue	Wed	Thu	Fri	Sat	Sun		1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30	31				<p>These questionnaires ask you about how you have been feeling in the past 2 weeks.</p> <p>It might help you to think about something that you did 2 weeks ago to answer these questions</p>
Mon	Tue	Wed	Thu	Fri	Sat	Sun																																					
	1	2	3	4	5	6																																					
7	8	9	10	11	12	13																																					
14	15	16	17	18	19	20																																					
21	22	23	24	25	26	27																																					
28	29	30	31																																								
<table border="1" style="width: 100%; text-align: center;"> <tr> <td></td> <td></td> <td></td> <td></td> </tr> <tr> <td>No days</td> <td>Some days</td> <td>A lot of days</td> <td>Nearly every day</td> </tr> <tr> <td></td> <td>✓</td> <td></td> <td></td> </tr> </table>					No days	Some days	A lot of days	Nearly every day		✓			<p>For each question, tick one of the boxes to show how you have been feeling in the past 2 weeks.</p>																														
																																											
No days	Some days	A lot of days	Nearly every day																																								
	✓																																										
<div style="text-align: center;">  <p>Questions ?</p> </div>	<p>If you need help or have questions, you can talk to your therapist.</p>																																										

1

FEELING SAD (PHQ-9)



Have you felt less interested in doing things?



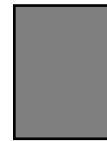
No days



Some days



A lot of days



Nearly every day

2



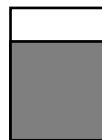
Have you felt sad?



No days



Some days



A lot of days



Nearly every day

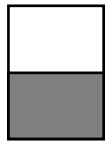
3



Have you had problems with your sleep?



No days



Some days



A lot of days



Nearly every day

4



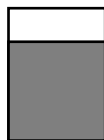
Have you been feeling tired?



No days



Some days



A lot of days



Nearly every day

5



Have you been more or less hungry than normal?



No days



Some days



A lot of days



Nearly every day

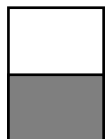
6



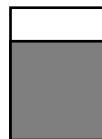
Have you been feeling like you have let yourself down or let other people down?



No days



Some days



A lot of days



Nearly every day

7



Has it been hard to concentrate on things?



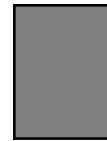
No days



Some days



A lot of days



Nearly every day

8



Have you been

- moving or speaking more slowly?

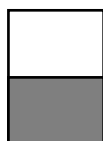
OR



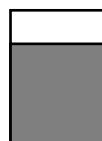
- moving or speaking a lot faster?



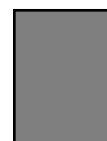
No days



Some days



A lot of days



Nearly every day



Have you had thoughts about:

- Hurting yourself on purpose?
- Killing yourself?

No days	Some days	A lot of days	Nearly every day

PHQ-9 TOTAL	
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1

FEELING WORRIED (GAD-7)



Have you been feeling worried?



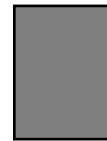
No days



Some days



A lot of days



Nearly every day

2



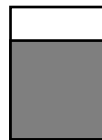
Has it been hard to stop worrying?



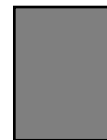
No days



Some days



A lot of days



Nearly every day

3



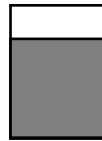
Have you been worrying about lots of different things?



No days



Some days



A lot of days



Nearly every day

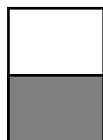
4



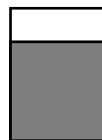
Has it been hard to relax?



No days



Some days



A lot of days



Nearly every day

5



Has it been hard to sit still?



No days



Some days

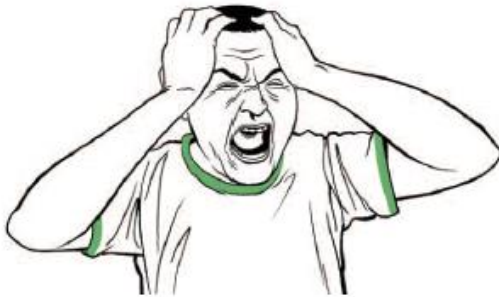


A lot of days



Nearly every day

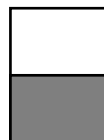
6



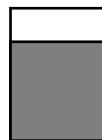
Have you felt angry?



No days



Some days







A lot of days



Nearly every day



Have you felt scared?

			
No days	Some days	A lot of days	Nearly every day

GAD-7 TOTAL	
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Is there anything you want to tell us about your answers?

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Thank you!