

Over the last **2 weeks**, how often have you been bothered by the following?

PHQ-9	Not at all (0)	Several days (1)	Over half the days (2)	Nearly every day (3)
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, feeling you are a failure or have let yourself or your family down				
7. Trouble concentrating on things, such as reading or watching television				
8. Moving or speaking so slowly that other people could have noticed? OR the opposite, being so fidgety/restless that you have been moving around more than usual				
9. Thoughts that you would be better off dead or thoughts of hurting yourself in some way				

Over the last **2 weeks**, how often have you been bothered by the following?

GAD-7	Not at all (0)	Several days (1)	Over half the days (2)	Nearly every day (3)
1. Feeling nervous, anxious or on edge				
2. Not being able to stop or control worrying				
3. Worrying too much about different things				
4. Trouble relaxing				
5. Being so restless that it is hard to sit still				
6. Becoming easily annoyed or irritable				
7. Feeling afraid as if something awful might happen				