|  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
|  | 0 | 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | 10 | 11 | 12 | 13 | 14 | 15 | 16 |
| **PHQ-9** |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| Little interest |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| Feeling down |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| Trouble sleeping |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| Feeling tired |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| Over or under eating |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| Feeling bad about myself |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| Trouble concentrating |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| Moving slowly or restless |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| Thoughts of being better off dead or hurting myself |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| **TOTAL** |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| **GAD-7** |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| Feeling nervous |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| Can’t stop worrying |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| Worrying too much about different things |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| Trouble relaxing |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| Restless |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| Easily annoyed or irritable |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| **TOTAL** |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| **WSAS** |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| Ability to work |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| Home management |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| Social leisure activities |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| Private leisure activities |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| Close relationships |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| **TOTAL** |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |

