

Patient Health Questionnaire and Generalized Anxiety Disorder (PHQ-9T and GAD-7)

Over the past 2 weeks, have you been bothered by any of the following?

Low Mood	Not at All	Several Days	More than half the days	Nearly every day or every day
1. Little interest or pleasure in doing things.	0	1	2	3
2. Feeling down, depressed, or hopeless.	0	1	2	3
3. Trouble falling/staying asleep, sleeping too much.	0	1	2	3
4. Feeling tired or having little energy.	0	1	2	3
5. Poor appetite or overeating.	0	1	2	3
6. Feeling bad about yourself or that you have let yourself or your family down.	0	1	2	3
7. Trouble concentrating on things, such as school work, reading, or watching TV.	0	1	2	3
8. Moving or speaking so slowly that other people could have noticed. Or the opposite, being restless more than usual.	0	1	2	3
9. Thoughts that you would be better off dead or of hurting yourself in some way.	0	1	2	3

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

	Not at All Difficult	Somewhat Difficult	Very Difficult	Extremely Difficult
How difficult have these problems made it for you to do your schoolwork, participate in any chores or extracurricular activities, or get along with other people?	0	1	2	3

PHQ-9T and GAD-7 Scoring Guidelines

When administering the PHQ-9T/GAD-7, please let students know that someone may follow up with them if there is a concern of safety.

PHQ-9T Depression Severity

When collecting the measure, please pay special attention to **item #9**. If a student responds to **item #9 with a 3**, the school professional must follow up with the student within **an hour**. If a student replies to **item #9 with a 1 or a 2**, the school professional must follow up within **48 hours**.

Tally scores from questions 1-9 under “Low Mood.”

Scores represent:

- o 5-9 = mild depression
 - o 10-14 = moderate depression
 - o 15-19 = moderately severe depression
 - o 20-27 = severe depression
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GAD-7 Anxiety Severity

Tally scores from questions 1-7 under “Anxiety.”

Scores represent:

- o 0-4 = minimal anxiety
- o 5-9 = mild anxiety
- o 10-14 = moderate anxiety
- o 15-21 = severe anxiety