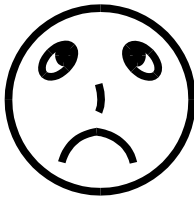


## ADAPTED PHQ-9 & GAD-7 QUESTIONNAIRES

How to fill in these questionnaires:

<div><div><div><div><div><div></div><div></div><div></div><div></div></div><div>How often have you been bothered by feeling down, depressed, or hopeless?</div><div><div></div><div></div><div></div><div></div></div></div><div><div><div></div><div></div><div></div><div></div></div><div>How often have you been bothered by things that you just can't seem to get going?</div><div><div></div><div></div><div></div><div></div></div></div></div><div></div></div></div>	<p>These questionnaires are used by psychology services to help us understand how people feel.</p> <ul style="list-style-type: none"><li>• One questionnaire measures how sad people feel.</li><li>• One questionnaire measures how worried people feel.</li></ul> <p>Questionnaires also help us see if people feel better after they see us.</p>																																										
<div><div>CALENDAR</div><table><tr><th>Mon</th><th>Tue</th><th>Wed</th><th>Thu</th><th>Fri</th><th>Sat</th><th>Sun</th></tr><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></table></div>	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 <b>past 2 weeks</b>.</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																																								
<div><div><div><div></div><div>No days</div></div><div><div></div><div>Some days</div></div><div><div></div><div>A lot of days</div></div><div><div></div><div>Nearly every day</div></div></div><div><div></div><div>✓</div><div></div><div></div></div></div>	<p>For each question, tick one of the boxes to show how you have been feeling in the past 2 weeks.</p>																																										
<div><div>Questions</div><div>?</div></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



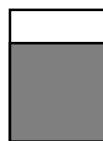
Have you felt sad?



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



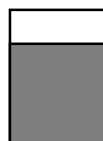
Have you been feeling tired?



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



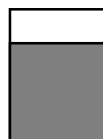
Have you been feeling like you have let yourself down or let other people down?



No days



Some days



A lot of days

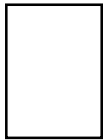


Nearly every day

7



Has it been hard to concentrate on things?



No days



Some days



A lot of days



Nearly every day

8



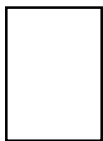
Have you been

- moving or speaking more slowly?

OR



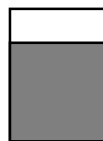
- moving or speaking a lot faster?



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

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PHQ-9  
TOTAL

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