

PHQ-9 –Depression symptoms

Over the last 2 weeks how often have you been bothered by any of the following:	Not at all (0)	Several Days (1)	More than half the days (2)	Nearly every day (3)	Frequently used SHARP leaflets for depression related problems: There are many more on the SHARP website: http://www.primarycare-selfhelp.co.uk/selfhelp.php . (The following are only suggestions as a starting point)
1. Little interest or pleasure in doing things					<p><u>Identifying problems:</u></p> <p>How normal stress, anxiety and depression can become a problem: http://www.primarycare-selfhelp.co.uk/selfhelp.php?gid=26</p> <p>Depression – The Vicious Cycle that keeps it going: http://www.primarycare-selfhelp.co.uk/selfhelp.php?gid=20</p> <p><u>Understanding problems:</u></p> <p>Sleep Problems: http://www.primarycare-selfhelp.co.uk/selfhelp.php?gid=38</p> <p>Recognising practical problems and difficulties http://www.primarycare-selfhelp.co.uk/selfhelp.php?gid=32</p> <p>Recognising helpful and unhelpful behaviours: http://www.primarycare-selfhelp.co.uk/selfhelp.php?gid=31</p> <p>Recognising unhelpful thinking (1) Unhelpful thinking styles: http://www.primarycare-selfhelp.co.uk/selfhelp.php?gid=33</p> <p><u>Managing problems:</u></p> <p>Relaxation http://www.primarycare-selfhelp.co.uk/selfhelp.php?gid=35</p> <p>Relaxed breathing http://www.primarycare-selfhelp.co.uk/selfhelp.php?gid=36</p> <p>Changing practical problems and difficulties – The 7 steps. http://www.primarycare-selfhelp.co.uk/selfhelp.php?gid=6</p> <p>Behaviour - Changing Unhelpful Behaviours (1) - Becoming More Active: http://www.primarycare-selfhelp.co.uk/selfhelp.php?gid=7</p> <p>Recognising unhelpful thinking (2) Thought Stopping and Rumination: http://www.primarycare-selfhelp.co.uk/selfhelp.php?gid=34</p>
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 – or that you are a failure or have let yourself or your family down					
7. Trouble concentrating on things, such as reading a newspaper or watching TV					
8. Moving or speaking so slowly that other people could have noticed? Or the opposite — being so fidgety or restless that you have been moving around a lot more than usual.					
9. Thoughts that you would be better off dead or of hurting yourself in some way					

Significance of total score: 1-4; Minimal depression, 5-9; Mild depression, 10-14; Moderate depression; 15-19 Moderately severe depression; 20-27 Severe depression

GAD-7 –Anxiety symptoms



Over the last 2 weeks how often have you been bothered by any of the following:	Not at all (0)	Several Days (1)	More than half the days (2)	Nearly every day (3)	Frequently used SHARP leaflets for anxiety related problems There are many more on the SHARP website: http://www.primarycare-selfhelp.co.uk/selfhelp.php . The following are only suggestions as a starting point)
Feeling anxious, nervous or on edge					<p><u>Identifying problems:</u></p> <p>How normal stress, anxiety and depression can become a problem: http://www.primarycare-selfhelp.co.uk/selfhelp.php?gid=26</p> <p>The physical effects of anxiety http://www.primarycare-selfhelp.co.uk/selfhelp.php?gid=41</p> <p>Panic attacks: http://www.primarycare-selfhelp.co.uk/selfhelp.php?gid=28</p> <p><u>Understanding problems:</u></p> <p>The Fight Flight Response http://www.primarycare-selfhelp.co.uk/selfhelp.php?gid=40</p> <p>Recognising practical problems and difficulties http://www.primarycare-selfhelp.co.uk/selfhelp.php?gid=32</p> <p>Recognising unhelpful thinking (1) Unhelpful thinking styles: http://www.primarycare-selfhelp.co.uk/selfhelp.php?gid=33</p> <p><u>Managing problems:</u></p> <p>Relaxation: http://www.primarycare-selfhelp.co.uk/selfhelp.php?gid=35</p> <p>Relaxed breathing: http://www.primarycare-selfhelp.co.uk/selfhelp.php?gid=36</p> <p>Changing practical problems and difficulties – The 7 steps. http://www.primarycare-selfhelp.co.uk/selfhelp.php?gid=6</p> <p>Changing unhelpful behaviours (2) Alcohol and Drugs http://www.primarycare-selfhelp.co.uk/selfhelp.php?gid=8</p> <p>Changing unhelpful thinking (3)Guilt & Worry http://www.primarycare-selfhelp.co.uk/selfhelp.php?gid=11</p>
Not being able to stop or control worrying					
Worrying too much about different things					
Trouble relaxing					
Being so restless that it is hard to sit still					
Becoming easily annoyed or irritable					
Feeling afraid as if something awful may happen					

Significance of total score: 0-4; Minimal Anxiety, 5-9; Mild Anxiety, 10-14; Moderate Anxiety, 15-21; Severe Anxiety