

# Survey: Anxiety and Depression PHQ-4

**Description:** Patient Health Questionnaire for Anxiety and Depression

**Instructions:** Total score is determined by adding together the scores of each of the 4 items.

**Privacy level:** Any staff member

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| 1. Over the past 2 weeks, how often have you been bothered by feeling nervous, anxious or on edge.          | Not at all   Several days   More than half the days   Nearly every day |
| 2. Over the last two weeks, how often have you been bothered by not being able to stop or control worrying  | Not at all   Several days   More than half the days   Nearly every day |
| 3. Over the last two weeks, how often have you been bothered by feeling down, depressed or hopeless         | Not at all   Several days   More than half the days   Nearly every day |
| 4. Over the last two weeks, how often have you been bothered by little interest or pleasure in doing things | Not at all   Several days   More than half the days   Nearly every day |