

GAD-7, PHQ-9 & SWEMWBS

Date:

Client's name:



OVER THE LAST 2 WEEKS how often have you been bothered by any of the following problems?		Not at all	Several Days	More than half the days	Nearly Every Day
Score		0	1	2	3
1.1	Feeling nervous, anxious or on edge				
1.2	Not being able to stop or control worrying				
1.3	Worrying too much about different things				
1.4	Trouble relaxing				
1.5	Being so restless that it is hard to sit still				
1.6	Becoming easily annoyed or irritable				
1.7	Feeling afraid as if something awful might happen				
Total Score GAD-7					
2.1	Little interest or pleasure in doing things				
2.2	Feeling down, depressed, or hopeless				
2.3	Trouble falling or staying asleep, or sleeping too much				
2.4	Feeling tired or having little energy				
2.5	Poor appetite or overeating				
2.6	Feeling bad about yourself or that you are a failure or have let yourself or your family down				
2.7	Trouble concentrating on things, such as reading the newspaper or watching the television				
2.8	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				
2.9	Thoughts that you would be better off dead or hurting yourself in some way				
Total Score PHQ- 9					

Over the last 2 weeks:		None of time	Rarely	Some of time	Often	All of the time
Score		1	2	3	4	5
1.	I've been feeling optimistic about the future					
2.	I've been feeling useful					
3.	I've been feeling relaxed					
4.	I've been dealing with problems well					
5.	I've been thinking clearly					
6.	I've been feeling close to other people					
7.	I've been able to make up my own mind about things					
Total Score SWEMWBS						

Scoring notes per NHS 2022**PHQ-9 Depression Severity**

Scores represent: 0-5 mild; 6-10 moderate; 11-15 moderately severe; 16-20 severe depression

GAD-7 Anxiety Severity.

Scores represent: 0-5 mild; 6-10 moderate; 11-15 moderately severe anxiety; 15-21 severe anxiety.