**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.