**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.