



Name: _____ Date of Birth: _____ Date: _____

Adult Patient Health Questionnaire-9 (PHQ-9)

Over the last 2 weeks, how often have you been bothered by any of the following problems?

(Please circle your answer)

| | Not at all | Several days | More than half the days | Nearly every day |
|---|------------|--------------|-------------------------|------------------|
| 1. Little interest or pleasure in doing things | 0 | 1 | 2 | 3 |
| 2. Feeling down, depressed, or hopeless | 0 | 1 | 2 | 3 |
| 3. Trouble falling or staying asleep, or sleeping too much | 0 | 1 | 2 | 3 |
| 4. Feeling tired or having little energy | 0 | 1 | 2 | 3 |
| 5. Poor appetite or overeating | 0 | 1 | 2 | 3 |
| 6. Feeling bad about yourself — or that you are a failure or have let yourself or your family down | 0 | 1 | 2 | 3 |
| 7. Trouble concentrating on things, such as reading the newspaper or watching television | 0 | 1 | 2 | 3 |
| 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 | 0 | 1 | 2 | 3 |
| 9. Thoughts that you would be better off dead or of hurting yourself in some way | 0 | 1 | 2 | 3 |

If you checked off any problems, how difficult have these problems made it for you to do your work, take care of things at home, or get along with other people?

Not difficult at all

Somewhat difficult

Very difficult

Extremely difficult

PHQ-9 Score: _____

Adult Screening, Brief Intervention, and Referral to Treatment (SBIRT)

When thinking about drug use, include illegal drug use and the use of prescription drug use other than prescribed.

| | | | | |
|--|-----|-----|----|-----|
| 1. Have you ever felt that you ought to cut down on your drinking or drug use? | Yes | ___ | No | ___ |
| 2. Have people annoyed you by criticizing your drinking or drug use? | Yes | ___ | No | ___ |
| 3. Have you ever felt bad or guilty about your drinking or drug use? | Yes | ___ | No | ___ |
| 4. Have you ever had a drink or used drugs first thing in the morning to steady your nerves or to get rid of a hangover? | Yes | ___ | No | ___ |