

PHQ-4: Validated Screening Tool for Anxiety and Depression

Over the last two weeks, how often have you been bothered by any of the following problems?	
1. Feeling nervous, anxious or on edge	<input type="checkbox"/> Not at all - 0 <input type="checkbox"/> Several days - 1 <input type="checkbox"/> More than half the days - 2 <input type="checkbox"/> Nearly every day - 3
2. Not being able to stop or control worrying	<input type="checkbox"/> Not at all - 0 <input type="checkbox"/> Several days - 1 <input type="checkbox"/> More than half the days - 2 <input type="checkbox"/> Nearly every day - 3
3. Little interest or pleasure in doing things	<input type="checkbox"/> Not at all - 0 <input type="checkbox"/> Several days - 1 <input type="checkbox"/> More than half the days - 2 <input type="checkbox"/> Nearly every day - 3
4. Feeling down, depressed, or hopeless	<input type="checkbox"/> Not at all - 0 <input type="checkbox"/> Several days - 1 <input type="checkbox"/> More than half the days - 2 <input type="checkbox"/> Nearly every day - 3

PHQ-4 Scoring: Total score ranges from 0 to 12, with categories of psychological distress as follows:

- None: 0-2
- Mild: 3-5
- Moderate: 6-8
- Severe: 9-12

Anxiety subscale = sum of items 1 and 2 (score range: 0 to 6)

Depression subscale = sum of items 3 and 4 (score range: 0 to 6)

On each subscale, a score of 3 or greater is considered positive for screening purposes.