

Adult Wellbeing

Today's Date: _____ Name: _____ Date of Birth: _____

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
1. Little interest or pleasure in doing things	0	1	2	3
2. Feeling down, depressed, or hopeless	0	1	2	3
3. Feeling nervous, anxious, or on edge	0	1	2	3
4. Not being able to stop or control worrying	0	1	2	3

Has there ever been a period of time when you were not your usual self and...	No	Yes
5. ... you felt so good or full of energy that other people thought you were not your normal self or it got you into trouble? (e.g., unable to sleep, over-spending, gambling)	<input type="checkbox"/>	<input type="checkbox"/>
6. ...you were so irritable that you shouted at people or started fights or arguments?	<input type="checkbox"/>	<input type="checkbox"/>

During the past year:	No	Yes
7. Have you had 4 or more drinks (women) / 5 or more drinks (men) in a day?	<input type="checkbox"/>	<input type="checkbox"/>
8. Have you used an illegal drug or used a prescription drug for a non-medical reason?	<input type="checkbox"/>	<input type="checkbox"/>

Over the last 4 weeks:	No	Yes
9. Have you had a problem with sleep more than occasionally? (This could include: trouble falling asleep, waking frequently, or sleeping too much.)	<input type="checkbox"/>	<input type="checkbox"/>

10. Circle the number or description that most accurately describes your daily activities, social activities and overall health in the past 4 weeks.

DAILY ACTIVITIES






SOCIAL ACTIVITIES






OVERALL HEALTH






How much difficulty have you had doing your usual activities or task, both inside and outside the house because of your physical and emotional health?

Has your physical and emotional health limited your social activities with family, friends, neighbors, or groups?

How would you rate your health in general?

No difficulty at all		1
A little bit of difficulty		2
Some difficulty		3
Much difficulty		4
Could not do		5

Not at all		1
Slightly		2
Moderately		3
Quite a bit		4
Extremely		5

Excellent		1
Very good		2
Good		3
Fair		4
Poor		5

PATIENT HEALTH QUESTIONNAIRE (PHQ)

This questionnaire is an important part of providing you with the best health care possible. Your answers will help in understanding problems that you may have. Please answer every question to the best of your ability unless you are requested to skip over a question.

1. During the last 4 weeks , how much have you been bothered by any of the following problems?	Not bothered at all	Bothered some	Bothered a little	Bothered a lot
a. Stomach pain	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
b. Back pain	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
c. Pain in your arms, legs, or joints (knees, hips, etc.)	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
d. Menstrual cramps or other problems with your periods	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
e. Pain or problems during sexual intercourse	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
f. Headaches	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
g. Chest pain	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
h. Dizziness	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
i. Fainting spells	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
j. Feeling your heart pound or race	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
k. Shortness of breath	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
l. Constipation, loose bowels, or diarrhea	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
m. Nausea, gas, or indigestion	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

FOR OFFICE CODING: Som Dis if at least 3 of #1a-m are "a lot" and lack an adequate biol explanation

2. Over the last 2 weeks , how often have you been bothered by any of the following problems?	Not bothered at all	Bothered several days	Bothered more than half the days	Bothered nearly every day
a. Little interest or pleasure in doing things	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
b. Feeling down, depressed, or hopeless	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
c. Trouble falling or staying asleep, or sleeping too much	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
d. Feeling tired or having little energy	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
e. Poor appetite or overeating	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
f. Feeling bad about yourself - or that you are a failure or have let yourself or your family down	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
g. Trouble concentrating on things, such as reading the newspaper or watching television	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
h. 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	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
i. Thoughts that you would be better off dead or of hurting yourself in some way	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

FOR OFFICE CODING: Maj Dep Syn if #2a or b and 5 or more of #2a-i are at least "More than half the days" (count #2i if present at all)
Other Dep Syn if #2a or b and 2, 3 or 4 of #2a-i are at least "More than half the days" (count #2i if present at all)

3. Questions about anxiety.	No	Yes
a. In the last 4 weeks, have you had an anxiety attack – suddenly feeling fear or panic?	<input type="checkbox"/>	<input type="checkbox"/>
If you checked "NO", go to question #5.		
b. Has this ever happened before?	<input type="checkbox"/>	<input type="checkbox"/>
c. Do some of these attacks come suddenly out of the blue – that	<input type="checkbox"/>	<input type="checkbox"/>

is, in situations where you don't expect to be nervous or uncomfortable?				
d. Do these attacks bother you a lot or are you worried about having another attack?	<input type="checkbox"/>	<input type="checkbox"/>		
4. Think about your last bad anxiety attack.	No	Yes		
a. Were you short of breath?	<input type="checkbox"/>	<input type="checkbox"/>		
b. Did your heart race, pound, or skip?	<input type="checkbox"/>	<input type="checkbox"/>		
c. Did you have chest pain or pressure?	<input type="checkbox"/>	<input type="checkbox"/>		
d. Did you sweat?	<input type="checkbox"/>	<input type="checkbox"/>		
e. Did you feel as if you were choking?	<input type="checkbox"/>	<input type="checkbox"/>		
f. Did you have hot flashes or chills?	<input type="checkbox"/>	<input type="checkbox"/>		
g. Did you have nausea or an upset stomach, or the feeling that you were going to have diarrhea?	<input type="checkbox"/>	<input type="checkbox"/>		
h. Did you feel dizzy, unsteady, or faint?	<input type="checkbox"/>	<input type="checkbox"/>		
i. Did you have tingling or numbness in parts of your body?	<input type="checkbox"/>	<input type="checkbox"/>		
j. Did you tremble or shake?	<input type="checkbox"/>	<input type="checkbox"/>		
k. Were you afraid you were dying?	<input type="checkbox"/>	<input type="checkbox"/>		
5. Over the last 2 weeks, how often have you been bothered by any of the following problems?	Not bothered at all	Bothered several days	Bothered more than half the days	Bothered nearly every day
a. Feeling nervous, anxious, on edge, or worrying a lot about different things	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
If you checked "Not bothered at all", go to question #6.				
b. Feeling restless so that it is hard to sit still	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
c. Getting tired very easily	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
d. Muscle tension, aches, or soreness	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
e. Trouble falling asleep or staying asleep	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
f. Trouble concentrating on things, such as reading the newspaper or watching television	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
g. Becoming easily annoyed or irritable	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
FOR OFFICE CODING:				
Pan Syn If #3a-d are all "Yes" and 4 or more of #4a-k are "Yes"				
Other Anx Syn If #5a and answers to 3 or more of #5b-g are "more than half the days"				
6. Questions about eating	No	Yes		
a. Do you often feel that you can't control <u>what</u> or <u>how much</u> you eat?	<input type="checkbox"/>	<input type="checkbox"/>		
b. Do you often eat, <u>within any 2-hour period</u> , what most people would regard as an unusually <u>large</u> amount of food?	<input type="checkbox"/>	<input type="checkbox"/>		
If you checked 'NO' to either #6a or #6b, go to question #9.				
c. Has this been as often, on average, as twice a week for the last 3 months?	<input type="checkbox"/>	<input type="checkbox"/>		
7. In the last 3 months have you often done any of the following in order to avoid gaining weight?	No	Yes		

a. Made yourself vomit?	<input type="checkbox"/>	<input type="checkbox"/>	
b. Took more than twice the recommended dose of laxatives?	<input type="checkbox"/>	<input type="checkbox"/>	
c. Fasted - not eaten anything at all for at least 24 hours?	<input type="checkbox"/>	<input type="checkbox"/>	
d. Exercised for more than an hour specifically to avoid gaining weight after binge eating?	<input type="checkbox"/>	<input type="checkbox"/>	
	No	Yes	
8. If you checked 'YES' to any of these ways of avoiding gaining weight, were any as often, on average, as twice a week?	<input type="checkbox"/>	<input type="checkbox"/>	

FOR OFFICE CODING: Bul Ner If #6a, b and c and #8 are all "Yes"; Bin Eat Dis is the same but #8 either 'No' or left blank

	No	Yes
9. Do you ever drink alcohol (including beer or wine)?	<input type="checkbox"/>	<input type="checkbox"/>

If you checked "NO" go to question #11.

10. Have any of the following happened to you <u>more than once</u> in the last 6 months?	No	Yes
a. You drank alcohol even though a doctor suggested that you stop drinking because of a problem with your health	<input type="checkbox"/>	<input type="checkbox"/>
b. You drank alcohol, were high from alcohol, or hung over while you were working, going to school, or taking care of children or other responsibilities	<input type="checkbox"/>	<input type="checkbox"/>
c. You missed or were late for work, school, or other activities because you were drinking or hung over	<input type="checkbox"/>	<input type="checkbox"/>
d. You had a problem getting along with other people while you were drinking	<input type="checkbox"/>	<input type="checkbox"/>
e. You drove a car after having several drinks or after drinking too much	<input type="checkbox"/>	<input type="checkbox"/>

FOR OFFICE CODING:
Alc Abu If any of #10a-e are "Yes"

	Not difficult at all	Somewhat difficult	Very difficult	Extremely difficult
11. If you checked off <u>any</u> problems on this questionnaire, how <u>difficult</u> have these problems made it for you to do your work, take care of things at home, or get along with other people?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

12. During the <u>last 4 weeks</u> , how much have you been bothered by any of the following problems?	Not bothered at all	Bothered several days	Bothered more than half the days	Bothered nearly every day
a. Worrying about your health	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
b. Your weight or how you look	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
c. Little or no sexual desire or pleasure during sex	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
d. Difficulties with husband/wife, partner/lover or boyfriend/girlfriend	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
e. The stress of taking care of children, parents or other family	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

members				
f. Stress at work or outside of the home or at school	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
g. Financial problems or worries	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
h. Having no one to turn to when you have a problem	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
i. Something bad that happened <u>recently</u>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
j. Thinking or dreaming about something terrible that happened to you <u>in the past</u> - like your house being destroyed, a severe accident, being hit or assaulted, or being forced to commit a sexual act	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
	No	Yes		
13. In the last year, have you been hit, slapped, kicked or otherwise physically hurt by someone, or has anyone forced you to have an unwanted sexual act?	<input type="checkbox"/>	<input type="checkbox"/>		
14. What is the most stressful thing in your life right now? _____				
	No	Yes		
15. Are you taking any medicine for anxiety, depression or stress?	<input type="checkbox"/>	<input type="checkbox"/>		
16. FOR WOMEN ONLY: Questions about menstruation, pregnancy and childbirth.				
a. Which best describes your menstrual periods?				
<input type="checkbox"/> Periods are unchanged				
<input type="checkbox"/> No periods because pregnant or recently gave birth				
<input type="checkbox"/> Periods have become irregular or changed in frequency, duration or amount				
<input type="checkbox"/> No periods for at least a year				
<input type="checkbox"/> Having periods because taking hormone replacement (estrogen) therapy or oral contraceptive				
	No	Yes		
b. During the week before your period starts, do you have a <u>serious</u> problem with your mood - like depression, anxiety, irritability anger or mood?	<input type="checkbox"/>	<input type="checkbox"/>		
IF YES: Do these problems go away by the end of your period?	<input type="checkbox"/>	<input type="checkbox"/>		
c. Have you given birth within the last 6 months?	<input type="checkbox"/>	<input type="checkbox"/>		
d. Have you had a miscarriage within the last 6 months?	<input type="checkbox"/>	<input type="checkbox"/>		
e. Are you having difficulty getting pregnant?	<input type="checkbox"/>	<input type="checkbox"/>		

Adapted from the PRIME-MD Patient Health Questionnaire, developed by Drs Robert L. Spitzer, Janet B.W. Williams, Kurt Kroenke, and colleagues.

17. Which one of the following statements most accurately characterizes you?

As far as I'm concerned, I do not have any problems that I need to change.

I am aware of some problems and am considering beginning to work on them.

I have worked on problems unsuccessfully but intend to continue trying.

I am currently taking steps to overcome the problems that have been bothering me.

I have already overcome some problems and want help now to avoid backsliding.

Adapted by G Ilagan (2009) from the Stages of Change/Transtheoretical Model (TIM), developed by Prochaska & DiClemente (1982)