

Patient Health Questionnaire

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.

DATE _____ NAME _____ AGE _____ SEX: _____

	Not bothered at all	Bothered a little	Bothered a lot	
1. During the last 4 weeks, how much have you been bothered by any of the following problems?				
a. Stomach pain	[]	[]	[]	
b. Back pain	[]	[]	[]	
c. Pain in your arms, legs, or joints (knees, hips, etc.)	[]	[]	[]	
d. Any difficulty in sexual performance (solo and/or with partner)	[]	[]	[]	
e. Pain or other discomfort during or following sex	[]	[]	[]	
f. Headaches	[]	[]	[]	
g. Chest pain	[]	[]	[]	
h. Dizziness	[]	[]	[]	
i. Fainting spells	[]	[]	[]	
j. Feeling your heart pound or race	[]	[]	[]	
k. Shortness of breath	[]	[]	[]	
l. Constipation, loose bowels, nausea, gas, indigestion or diarrhea ...	[]	[]	[]	
m. Pain, dull ache, swelling or abnormal tenderness in testicles	[]	[]	[]	
	Not at all	Several days	More than half the days	Nearly everyday
2. Over the last 2 weeks, how often have you been bothered by any of the following problems?				
a. Little interest or pleasure in doing things	[]	[]	[]	[]
b. Feeling down, depressed, or hopeless	[]	[]	[]	[]
c. Trouble falling or staying asleep, or sleeping too much	[]	[]	[]	[]
d. Feeling tired or having little energy	[]	[]	[]	[]
e. Poor appetite or overeating	[]	[]	[]	[]
f. Feeling bad about yourself - or that you are a failure or have let yourself or your family down	[]	[]	[]	[]
g. Trouble concentrating on things, such as reading the newspaper or watching television	[]	[]	[]	[]
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 ..	[]	[]	[]	[]
i. Thoughts that you would be better off dead or of hurting yourself in some way	[]	[]	[]	[]

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

- a. In the last 4 weeks, have you had an anxiety attack - suddenly feeling fear or panic?[] **NO** **YES**
[] []

If you checked "NO", go to question #5.

- b. Has this ever happened before?[] **NO** **YES**
[] []
- c. Do some of these attacks come suddenly out of the blue - that is, in situations where you don't typically get nervous or uncomfortable?[] []
- d. Do these attacks bother you a lot or are you worried about having another attack?[] []

4. Think about your last bad anxiety attack.

- a. Were you short of breath?[] **NO** **YES**
[] []
- b. Did your heart race, pound, or skip?[] []
- c. Did you have chest pain or pressure?[] []
- d. Did you sweat?[] []
- e. Did you feel as if you were choking?[] []
- f. Did you have hot flashes or chills?[] []
- g. Did you have nausea or an upset stomach, or the feeling that you were going to have diarrhea?[] []
- h. Did you feel dizzy, unsteady, or faint?[] []
- i. Did you have tingling or numbness in parts of your body?[] []
- j. Did you tremble or shake?[] []
- k. Were you afraid you were dying?[] []

5. Over the last 4 weeks, how often have you been bothered by any of the following problems?

- a. Feeling nervous, anxious, on edge, or worrying a lot about different things **Not at All** **Several days** **More than half the days**
[] [] []

If you checked "Not at all", go to question #6.

- b. Feeling restless so that it is hard to sit still **Not at All** **Several days** **>Half the days** **Nearly Every Day**
[] [] [] []
- c. Getting tired very easily [] [] [] []
- d. Muscle tension, aches, or soreness [] [] [] []
- e. Trouble falling asleep or staying asleep [] [] [] []
- f. Trouble concentrating on things (e.g., reading a book, watching TV) [] [] [] []
- g. Becoming easily annoyed or irritable [] [] [] []

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 what or how much you eat? [] []
- b. Do you often eat, within any 2-hour period, what most people would regard as an unusually large amount of food? [] []

If you checked 'NO' to either #6a or #6b, go to question #9.

- NO YES
- c. Has this been as often, on average, as twice a week for the last 3 months? .. [] []
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? [] []
- b. Took more than twice the recommended dose of laxatives? [] []
- c. Fasted - not eaten anything at all for at least 24 hours? [] []
- d. Exercised for more than an hour specifically to avoid gaining weight after binge eating? [] []
8. **If you checked 'YES' to any of these ways of avoiding gaining weight, were any as often, on average, as twice a week?** NO YES
- NO YES
9. **Do you ever drink alcohol (including beer or wine)?** [] []

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

10. **Have any of the following happened to you more than once 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 [] []
- 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 ... [] []
- c. You missed or were late for work, school, or other activities because you were drinking or hung over [] []
- d. You had a problem getting along with other people while you were drinking .. [] []
- e. You drove a car after having several drinks or after drinking too much [] []
11. **If you checked off any problems on this questionnaire, 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 |
| [] | [] | [] | [] |

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
 Alc Abu if any of #10a-e are "Yes"

12. During the last 4 weeks, how much have you been bothered by any of the following problems? Bothered	Not	Bothered	
	at all	a little	a lot
a. Worrying about your health	[]	[]	[]
b. Your weight or how you look	[]	[]	[]
c. Little or no sexual desire or pleasure during sex	[]	[]	[]
d. Difficulties with husband/wife, partner/lover or boyfriend/girlfriend	[]	[]	[]
e. The stress of taking care of children, parents or other family members	[]	[]	[]
f. Stress at work or outside of the home or at school	[]	[]	[]
g. Financial problems or worries	[]	[]	[]
h. Having no one to turn to when you have a problem	[]	[]	[]
i. Affected by something bad that happened recently	[]	[]	[]
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	[]	[]	[]

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?

NO	YES
[]	[]

14. What is the most stressful thing or situation in your life right now?

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Validation:
Spitzer RL et al, Validation and Utility of a Self-report Version of PRIME-MD: The PHQ Primary Care Study, JAMA, 282 (18): 1737, 1999