

The Patient Health Questionnaire (PHQ-9)

Patient Name _____ Date of Visit _____

Over the past 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. Trouble falling asleep, 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're 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

Column Totals _____ + _____ + _____

Add Totals Together _____

10. If you checked off any problems, how difficult have those 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

Name: _____ Date: _____ Date of Birth: _____

A Checklist for Your Medicare Wellness Annual Visit

Please complete this checklist before seeing your doctor or nurse. Your answers will help you receive the best health care possible.

1. During the past 4 weeks, how much have you been bothered by emotional problems such as feeling anxious, depressed, irritable, sad or downhearted and blue?

- Not at all
- Slightly
- Moderately
- Quite a bit
- Extremely

2. During the past 4 weeks, has your physical and emotional health limited your social activities with family friends, neighbors or groups?

- Not at all
- Slightly
- Moderately
- Quite a bit
- Extremely

3. During the past 4 weeks, how much bodily pain have you generally had?

- No pain
- Very mild pain
- Mild pain
- Moderate pain
- Severe pain

4. During the past 4 weeks, was someone available to help you if you needed and wanted help? For example, if you felt very nervous, lonely or blue, got sick and had to stay in bed, needed someone to talk to, needed help with daily chores, or needed help just taking care of yourself.

- Yes, as much as I wanted
- Yes, quite a bit
- Yes, some
- Yes, a little
- No, not at all

5. During the past 4 weeks, what was the hardest physical activity you could do for at least 2 minutes?

- Very heavy
- Heavy
- Moderate
- Light
- Very light

	Yes	No
6. Can you get places out of walking distance without help? For example, can you travel alone by bus, taxi, or drive your own car?	<input type="checkbox"/>	<input type="checkbox"/>
7. Can you shop for groceries or clothes without help?	<input type="checkbox"/>	<input type="checkbox"/>
8. Can you prepare your own meals?	<input type="checkbox"/>	<input type="checkbox"/>
9. Can you do your own housework without help?	<input type="checkbox"/>	<input type="checkbox"/>
10. Can you handle your own money without help?	<input type="checkbox"/>	<input type="checkbox"/>
11. Do you need help eating, bathing, dressing, or getting around your home?	<input type="checkbox"/>	<input type="checkbox"/>

12. During the past 4 weeks, how would you rate your health in general?

- Excellent
- Very good
- Good
- Fair
- Poor

13. How have things been going for you during the past 4 weeks?

- Very well - could hardly be better
- Pretty good
- Good and bad parts about equal
- Pretty bad
- Very bad - could hardly be worse

14. Are you having difficulties driving your car?

- Yes, often
- Sometimes
- No
- Not applicable, I do not use a car

15. Do you always fasten your seat belt when you are in a car?

- Yes, usually
- Yes, sometimes
- No

16. How often during the past 4 weeks have you been bothered by any of the following problems?

	Never	Seldom	Sometimes	Often	Always
Fall or dizzy when standing up	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Sexual problems	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Trouble eating well	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Teeth or dentures	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Problems using the telephone	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Tired or fatigued	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

17. Have you fallen 2 or more times in the past year?

- Yes
- No

18. Are you afraid of falling?

- Yes
- No

19. Are you a smoker?

- No
- Yes, and I might quit
- Yes, but I'm not ready to quit

20. During the past 4 weeks, how many drinks of wine, beer or other alcoholic beverages did you have?

- 10 or more per week
- 6-9 per week
- 2-5 per week
- 1 drink or less per week
- No alcohol at all

21. Do you exercise for about 20 minutes 3 or more days a week?

- Yes, most of the time
- Yes, some of the time
- No, I usually do not exercise this much.

22. Have you been given any information to help you with the following:

- o Hazards in your house that might hurt you?
 - Yes
 - No
- o Keeping track of your medications?
 - Yes
 - No

23. How often do you have trouble taking medicines the way you have been told to take them?

- I do not have to take medicine
- I always take them as prescribed
- Sometimes I take them as prescribed
- I seldom take them as prescribed

24. How confident are you that you can control and manage most of your health problems?

- Very confident
- Somewhat confident
- Not very confident
- I do not have any health problems.

How old are you? 65-69 70-79 80 or older

Are you male or female? Male Female

What is your race? (check one or more than one)

- White
- Black/African American
- Asian
- Native Hawaiian/Other Pacific Islander
- American Indian/Alaskan Native
- Hispanic or Latino origin or descent
- Other

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Generalized Anxiety Disorder 7-item (GAD-7) scale

Over the last 2 weeks, how often have you been bothered by the following problems?	Not at all sure	Several days	Over half the days	Nearly every day
1. Feeling nervous, anxious, or on edge	0	1	2	3
2. Not being able to stop or control worrying	0	1	2	3
3. Worrying too much about different things	0	1	2	3
4. Trouble relaxing	0	1	2	3
5. Being so restless that it's hard to sit still	0	1	2	3
6. Becoming easily annoyed or irritable	0	1	2	3
7. Feeling afraid as if something awful might happen	0	1	2	3
<i>Add the score for each column</i>	+	+	+	
Total Score (add your column scores) =				

If you checked off any problems, how difficult have these 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 _____

Source: Spitzer RL, Kroenke K, Williams JBW, Lowe B. A brief measure for assessing generalized anxiety disorder. *Arch Intern Med.* 2006;166:1092-1097.

What you should bring to your Annual Wellness Visit:

The names of all your doctors:

Name :

Specialty:

A list of all you medications

Name of medicine:

Dose:

Directions:

Have any of your close relatives had any health changes? *Yes or No*

If yes, list changes _____

Has your mood changed? *Yes or No* _____

Do you worry about falling? *Yes or No*

Are you worried about your memory? *Yes or No*

Are there any preventive test you have done recently? (such as lab test, mammograms, x-rays, etc?) *Yes or No* _____

Have you had any recent immunizations? _____

Do you have a living will or advance health care directive? *Yes or No*
(If you have one, please bring a copy of it with you to your appointment)