# PHQ-2 and GAD-2 screening for depression and anxiety in patients

PHQ-2 and GAD-2 are free to use screening measures developed to be used in health settings. These consist of two questions each:

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| **PHQ-2**Over the last 2 weeks, how often have you been bothered by the following problems? |
|  | Not at all | Several days | More than half the days | Nearly every day | **Patient score**  |
| 1. Little interest or pleasure in doing things  | 0 | 1 | 2 | 3 |  |
| 2. Feeling down, depressed or hopeless  | 0 | 1 | 2 | 3 |  |
| **GAD-2**Over the last 2 weeks, how often have you been bothered by the following problems? |
|  | Not at all | Several days | More than half the days | Nearly every day | **Patient score** |
| 1.Feeling nervous, anxious or on edge  | 0 | 1 | 2 | 3 |  |
| 2. Not being able to stop or control worrying  | 0 | 1 | 2 | 3 |  |
| **Total patient score for PHQ-2 and GAD-2** |  |

A score of 3 or more on either measure indicates the need for further assessment.