

Client Name and Date of Birth \_\_\_\_\_

Date Completed \_\_\_\_\_ Signature \_\_\_\_\_

The Patient Health Questionnaire<sup>1</sup> (PHQ) and GAD-7 offer clinicians concise, self-administered screening and diagnostic tools for mental health disorders, which have been field-tested in office practice. The screeners are quick and user-friendly, improving the recognition rate of depression and anxiety and facilitating diagnosis and treatment.

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Since the questionnaires rely on patient self-report, all responses should be verified by the clinician and a definitive diagnosis made on clinical grounds, taking into account how well the patient understood the questionnaire, as well as other relevant information from the patient. Diagnoses of Major Depressive Disorder or Other Depressive Disorder also require impairment of social, occupational, or other important areas of functioning (Question #10 of the PHQ-9) and ruling out normal bereavement, a history of a Manic Episode (Bipolar Disorder), and a physical disorder, medication, or other drug as the biological cause of the depressive symptoms.

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- Agree
- Disagree

**Client Signature and Date:**

<sup>1</sup> <http://www.phqscreeners.com/> (Retrieved April 7, 2012)