

# **basic iapt psychological measures**

<b>PHQ-9</b>		<i>Over the <b>last 2 weeks</b> (or other agreed time period) how often have you been bothered by any of the following problems?</i>	<i>not at all</i>	<i>several days</i>	<i>more than half the days</i>	<i>nearly every day</i>
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 or 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 are 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
		<i>PHQ-9 total score =</i>				

<b>GAD-7</b>		<i>Over the <b>last 2 weeks</b> (or other agreed time period) how often have you been bothered by any of the following problems?</i>	<i>not at all</i>	<i>several days</i>	<i>more than half the days</i>	<i>nearly every day</i>
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 is 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>GAD-7 total score =</i>				

<b>IAPT phobia scales</b>									
<i>Choose a number from the scale below to show how much you would avoid each of the situations or objects listed below. Then write the number in the box opposite the situation.</i>									
0	1	2	3	4	5	6	7	8	
<i>would not avoid it</i>		<i>slightly avoid it</i>		<i>definitely avoid it</i>		<i>markedly avoid it</i>		<i>always avoid it</i>	
1.	Social situations due to a fear of being embarrassed or making a fool of myself								
2.	Certain situations because of a fear of having a panic attack or other distressing symptoms (such as loss of bladder control, vomiting or dizziness)								
3.	Certain situations because of a fear of particular objects or activities (such as animals, heights, seeing blood, being in confined spaces, driving or flying).								