



Adolescent Mental Health Screen

Over the last 2 weeks, how often have you been bothered by any of the following problems?

Use an "X" to indicate your answer.

PHQ-9 Questions:	Not at all 0	Several days 1	More than half the days 2	Nearly every day 3
1. Little interest or pleasure in doing things				
2. Feeling down, depressed or hopeless				
3. Trouble falling asleep or staying asleep, or sleeping too much				
4. Feeling tired or having little energy				
5. Poor appetite or overeating				
6. Feeling bad about yourself-or that you are a failure or have let yourself down or your family down				
7. Trouble concentrating on things, such as reading the newspaper or watching television				
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 more than usual				
9. Thoughts that you would be better off dead, or of hurting yourself in some way?				

PHQ-9 Total Score: _____

GAD-7 Questions:	Not at all 0	Several days 1	More than half the days 2	Nearly every day 3
1. Feeling nervous, anxious or on edge				
2. Not being able to stop or control worrying				
3. Worrying too much about different things				
4. Trouble relaxing				
5. Being so restless that it is hard to sit still				
6. Becoming easily annoyed or irritable				
7. Feeling afraid as if something awful might happen				

GAD-7 Total Score: _____

Scored by: _____ (staff initials)