

Anxiety/Depression Screening

Name: _____ Date: _____

Most days I worry about a lot of things	YES	NO
I feel restless, keyed up or on edge	YES	NO
I have lost interest in the things in my life that used to be important to me	YES	NO
Most days I cannot stop worrying	YES	NO
I have difficulty making decisions	YES	NO
I do not feel good about myself	YES	NO
I want to go to sleep and never wake up	YES	NO
I feel trapped or caught in my life	YES	NO
I get tired easily	YES	NO

What is the one thing in your life that makes you the most happy?

I feel down even when good things happen to me	YES	NO
I feel tense and uptight	YES	NO
I feel sad and unhappy	YES	NO
I have trouble concentrating	YES	NO
My life feels out of control	YES	NO
My moods are more negative (crying,angry) than happy	YES	NO
Even the little things in life make me nervous	YES	NO
I have trouble falling asleep	YES	NO
I am easily annoyed or irritated	YES	NO
I feel hopeless about my future	YES	NO
I have no energy and feel as if I am in slow motion	YES	NO
I want to sleep all the time	YES	NO
I have a poor appetite	YES	NO
I am over eating	YES	NO
I am having nightmares	YES	NO

If yes, what are they about:

(Please turn over and complete the other side)

When I look in the mirror I feel frustrated or upset YES NO
I have thoughts of ending my life YES NO
If **yes**, I have made a plan or thought of ways to end my life YES NO

Do you feel **BAD** about yourself today? YES NO

Why? _____

Has anything new happened to you recently that has made you feel **GOOD** about yourself?

Please explain:

On a scale of 1 to 10 with "10" meaning you feel fantastic and "1" meaning you feel hopeless, how are you feeling today (circle your answer)

1 2 3 4 5 6 7 8 9 10

Who is the one person you share your feelings with the most?

Please read and sign below:

"I promise not to harm myself in any way until I talk to someone I trust or with a physician."

Your signature here, _____

Is there anything else you'd like to discuss or share with the doctor at this time?

Screenings are reviewed by MOP Physicians for medical purposes only, all answers are kept confidential.