

Stage 4 Measure your stress and well-being

The GAD-7 scale measures anxiety. The PHQ-9 measures depression. The WEMWBS measures well-being. The higher the score on the first two, the greater the problem. The lower the score on the third, the poorer your well-being. For each of them, circle the number that best describes how you feel and add up your score. You can see how to score beneath each scale. Keep coming back to these scales as you progress through the book to check your progress.

*Generalised Anxiety Disorder (GAD-7)**

Over the last two weeks, how often have you been bothered by the following problems?

	Not at all	Several days	More than half the days	Nearly every day
Feeling nervous, anxious or on edge	0	1	2	3
Not being able to stop or control worrying	0	1	2	3
Worrying too much about different things	0	1	2	3
Trouble relaxing	0	1	2	3
Being so restless that it is hard to sit still	0	1	2	3
Becoming easily annoyed or irritable	0	1	2	3

* Developed by Drs Robert L. Spitzer, Janet B. W. Williams, Kurt Kroenke and colleagues, with an educational grant from Pfizer Inc. No permission required to reproduce, translate, display or distribute.

Feeling afraid as if something awful might happen	0	1	2	3
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- 0–4 No anxiety
- 5–9 Mild anxiety
- 10–14 Moderate anxiety
- 15–21 Severe anxiety

*Patient Health Questionnaire (PHQ-9)**

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

	Not at all	Several days	More than half the days	Nearly every day
Little interest or pleasure in doing things	0	1	2	3
Feeling down, depressed, or hopeless	0	1	2	3
Trouble falling or staying asleep, or sleeping too much	0	1	2	3

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Feeling tired or having little energy	0	1	2	3
Poor appetite or overeating	0	1	2	3
Feeling bad about yourself, or that you are a failure or have let yourself or your family down	0	1	2	3
Trouble concentrating on things, such as reading the newspaper or watching television	0	1	2	3
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
Thoughts that you would be better off dead, or of hurting yourself in some way.	0	1	2	3

- 0–4 No depression
- 5–9 Mild depression
- 10–14 Moderate depression
- 15–19 Moderately severe depression
- 20–27 Severe depression

Bear in mind that scores can vary day by day. However, if you scored highly on the final question or if you fear making an attempt on your life, tell someone how you feel and ask that person to stay with you if possible while you seek professional assistance. Your GP will help; outside surgery hours go straight to your nearest A&E department.