

# The Four-Item Patient Health Questionnaire (PHQ-4) for Anxiety and Depression

Over the <i>last 2 weeks</i> , 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
Feeling down, depressed or hopeless	0	1	2	3
Little interest or pleasure in doing things	0	1	2	3

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Total score  $\geq 3$  for first 2 questions suggests anxiety.

Total score  $\geq 3$  for last 2 questions suggests depression.