

# Patient Health Questionnaire for Anxiety and Depression

**Patient Health Questionnaire for anxiety and depression** is a standardized tool used to quickly assess the presence and severity of these common mental health conditions. It helps healthcare providers identify symptoms and determine appropriate treatment plans. Regular use of this questionnaire supports early intervention and improved patient outcomes.

## Patient Information

**Full Name:**

**Date:**

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

**1. Little interest or pleasure in doing things**

 ▼

**2. Feeling down, depressed, or hopeless**

 ▼

**3. Feeling nervous, anxious, or on edge**

 ▼

**4. Not being able to stop or control worrying**

 ▼

**5. Trouble relaxing**

 ▼

## Additional Comments

Add any additional notes or comments here...

**Submit**