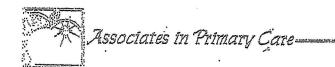
PATIENT HEALTH QUESTIONNAIRE (PHQ-9)

ID #:		_ DATE		
Over the last 2 weeks, how often have you been bothered by any of the following problems?		— 6#1-1 Bes		
(use "√" to indicate your answer)	Not at all	Several days	Wore than half the days	Nearly every day
1. Little interest or pleasure in doing things	0	1.	2	3
2. Feeling down, depressed, or hopeless	0	1	2	3
3. Trouble falling or staying asleep, or sleeping too much	0	7	2	3
4. Feeling tired or having little energy	0	1	2	3
5. Poor appetite or overeating	0	1	2	3 .
6. Feeling bad about yourself—or that you are a failure or have let yourself or your family down	0	1	2	3
7. Trouble concentrating on things, such as reading the newspaper or watching television	0	7	2	3.
8. Moving or speaking so slowly that other people could have noticed. Or the opposite — being so figety or restless that you have been moving around a lot more than usual	0	1	2	3-
P. Thoughts that you would be better off dead, or of hurting yourself Output Description:	0	. 1	2	3
E. Carrier and C. Car	add columns	· · · · · ·	.l. : "	•
(Healthcare professional: For interpretation of TOTA please refer to accompanying scoring card).	IL, TOTAL:			
10. If you checked off any problems, how difficult have these problems made it for you to do VOUT WORK take care of things at home, or got	Not difficult at all Somewhat difficult			
your work, take care of things at home, or get along with other people?	Very difficult			
		Extremely	difficult	

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Name:	Date:	-	DOB:

Check Your Risk for Falling

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	No (0)	I have fallen in the past year.	People who have fallen once are likely to fall again.		
Yes (2)	No (0)	I use or have been advised to use a cane or walker to get around safely.	People who have been advised to use a cane or walker may already be more likely to fall.		
Yes (1)	No (0)	Sometimes I feel unsteady when I am walking.	Unsteadiness or needing support while walking are signs of poor balance:		
Yes (1)	No (0)	I steady myself by holding onto furniture when walking at home.	This is also a sign of poor balance.		
Yes (1)	No (0) ·	l am worried about falling.	People who are worried about falling are more likely to fall.		
Yes (1)	No (0)	I need to push with my hands to stand up from a chair.	This is a sign of weak leg muscles, a major reason for falling.		
Yes (1)	No (0)	I have some trouble stepping up onto a curb.	This is also a sign of weak leg muscles.		
Yes (1)	No (0)	I often have to rush to the tollet.	Rushing to the bathroom, especially at night, increases your chance of falling.		
Yes (1)	No (0)	I have lost some feeling in my feet.	Numbness in your feet can cause stumbles and lead to falls.		
Yes (1)	No (0)	I take medicine that sometimes makes me feel light-headed or more tired than usual.	Side effects from medicines can sometimes increase your chance of falling.		
Yes (1)	No (0)	I take medigine to help me sleep or improve my mood.	These medicines can sometimes increase your chance of falling.		
Yes (1)	No (0)	I often feel sad or depressed.	Symptoms of depression, such as not feeling well or feeling slowed down, are linked to falls.		
Total_	Add up the number of points for each "ves" answer If you scoved 4 mainte on more				

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