IT'S OK...

TO BE SAD
TO BE SCARED
TO BE WORRIED

IT'S OK NOT TO BE OK
AND IT'S OK TO TALK ABOUT IT

ARE YOU EXPERIENCING THESE FEELINGS MORE OFTEN THAN USUAL?
FEEL FREE TO TAKE THE SIMPLE SELF ASSESSMENT ON THE NEXT PAGE AND TALK TO SOMEONE YOU TRUST.

330.493.0083 WWW.PATHWAYCFC.ORG
# PHQ-4
## SCREENING SCALE FOR ANXIETY AND DEPRESSION

Over the last 2 weeks, how often have you been bothered by the following problems?
*(Circle the appropriate number to indicate your answer)*

<table>
<thead>
<tr>
<th></th>
<th>None</th>
<th>Several days</th>
<th>More than half the days</th>
<th>Nearly every day</th>
</tr>
</thead>
<tbody>
<tr>
<td>1. Feeling nervous, anxious or on edge</td>
<td>0</td>
<td>1</td>
<td>2</td>
<td>3</td>
</tr>
<tr>
<td>2. Not being able to stop or control worrying</td>
<td>0</td>
<td>1</td>
<td>2</td>
<td>3</td>
</tr>
<tr>
<td>3. Little interest or pleasure in doing things</td>
<td>0</td>
<td>1</td>
<td>2</td>
<td>3</td>
</tr>
<tr>
<td>4. Feeling down, depressed, or hopeless</td>
<td>0</td>
<td>1</td>
<td>2</td>
<td>3</td>
</tr>
</tbody>
</table>

## SCORING

PHQ-4 total score ranges from 0 to 12, with categories of psychological distress being:

- None 0-2
- Mild 3-5
- Moderate 6-8
- Severe 9-12

- Anxiety subscale = sum of items 1 and 2 (score range, 0 to 6)
- Depression subscale = sum of items 3 and 4 (score range, 0 to 6)

*On each subscale, a score of 3 or greater is considered positive for screening purposes*

*We encourage you to seek support from a trusted professional. Talk to the person who gave you this card.*

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**IT'S OK NOT TO BE OK**

**CARELINE:**

1-800-720-9616
SUPPORT 24/7

Ohio Mental Health & Addiction Services

[Pathway Caring for Children](http://www.pathwaycfc.org)