

**C. Questions about anxiety attacks.**

a. In the last 4 weeks, have you had an anxiety attack — suddenly feeling fear or panic?.....

**NO** **YES**

**If you checked "NO", go to question E.**

b. Has this ever happened before?.....

c. Do some of these attacks come suddenly out of the blue — that is, in situations where you don't expect to be nervous or uncomfortable?.....

d. Do these attacks bother you a lot or are you worried about having another attack?.....

e. During your last bad anxiety attack, did you have symptoms like shortness of breath, sweating, or your heart racing, pounding or skipping?.....

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

**Not at all** **Several** **More** **Nearly**  
**(0)** **days** **than half** **every**  
**(1)** **the days** **day**  
**(2)** **(3)**

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

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

3. Trouble falling or staying asleep, or sleeping too much.....

4. Feeling tired or having little energy.....

5. Poor appetite or overeating.....

6. Feeling bad about yourself — or that you are a failure or have let yourself or your family down.....

7. Trouble concentrating on things, such as reading the newspaper or watching television.....

8. 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.....

9. Thoughts that you would be better off dead or of hurting yourself in some way.....

**PHQ-9 Score**  =  +  +

**E. If you checked off any problems on this questionnaire, how difficult have these problems made it for you to do your work, take care of things at home, or get along with other people?**

**Not difficult**  
**at all**

**Somewhat**  
**difficult**

**Very**  
**difficult**

**Extremely**  
**difficult**