

Oxford CBT
Screening Tools

Patient Name

Date

PHQ-9

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

Not at all

Several
daysMore
than half
the daysNearly
everyday

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 Total Score

 /27**GAD-7**

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

Not at all

Several
daysMore
than half
the daysNearly
everyday

1. Feeling nervous, anxious or on edge?
2. Not being able to stop or control worrying?
3. Worrying too much about different things?
4. Trouble relaxing?
5. Being so restless that it is hard to sit still?
6. Becoming easily annoyed or irritable?
7. Feeling afraid as if something awful might happen?

PHQ-9 Total Score

 /21

IAPT Phobia Scales

Choose a number from the scale below to show how much you would avoid each of the situations or objects listed below, and then select the number in the box opposite the situation.

0	1	3	4	5	6	7	8
Wouldn't avoid it	Slightly avoid it		Definitely avoid it		Markedly avoid it		Always avoid it
A17. Social situations due to a fear of being embarrassed or making a fool of yourself.							<input type="text"/>
A18. Certain situations because of a fear of having a panic attack or other distressing symptoms (such as loss of bladder control, vomiting or dizziness).							<input type="text"/>
A19. Certain situations because of a fear of particular objects or activities (such as animals, heights, seeing blood, being in confined spaces, driving or flying).							<input type="text"/>
IAPT Phobia Scales Total Score							<input type="text"/> /24

Work and Social Adjustment Scale (WASA).

People's problems sometimes affect their ability to do certain day-to-day tasks in their lives. To rate your problems look at each section and determine on the scale provided how much your problem impairs your ability to carry out the activity. If you're retired or choose not to have a job for reasons unrelated to your problem, tick here:

0	1	3	4	5	6	7	8
Not at all	Slightly avoid it		Definitely avoid it		Markedly avoid it		Always avoid it
1. Work. '0' means not at all impaired and '8' means very severely impaired to the point you can't work.							<input type="text"/>
2. Home management. Cleaning, tidying, shopping, cooking, looking after home or children, paying bills.							<input type="text"/>
3. Social leisure activities. With other people e.g. parties, bars, clubs, outings, visits, dating, home entertaining.							<input type="text"/>
4. Private leisure activities. Done alone, such as reading, gardening, collecting, sewing, walking alone.							<input type="text"/>
5. Family and relationships. Forming and maintaining close relationships with others, including those you live with.							<input type="text"/>
Work and Social Adjustment Scale Total Score							<input type="text"/> /40