 **Screening Tool**

PHQ-9 can also be found online for self-evaluation such as this one: <https://www.ementalhealth.ca/index.php?m=survey&ID=42>

This survey is designed to provide a quick assessment of whether you might have signs and symptoms. However, no test is 100% accurate. No matter what your score is, you should seek help if you have any concerns about yourself or your loved ones.

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| --- | --- | --- | --- | --- |
| **Over the last 2 weeks, how often have you been bothered by any of the following problems?** | NOT AT ALL | SEVERAL DAYS | MORE THAN HALF THE DAYS | NEARLY EVERY DAY |
| 1. Little interest or pleasure in doing things
 | ○ 0 | ○ 1 | ○ 2 | ○ 3 |
| 1. Feeling down, depressed, or hopeless
 | ○ 0 | ○ 1 | ○ 2 | ○ 3 |
| 1. Trouble falling or staying asleep, or sleeping too much
 | ○ 0 | ○ 1 | ○ 2 | ○ 3 |
| 1. Feeling tired or having little energy
 | ○ 0 | ○ 1 | ○ 2 | ○ 3 |
| 1. Poor appetite or overeating
 | ○ 0 | ○ 1 | ○ 2 | ○ 3 |
| 1. Feeling bad about yourself – or that you are a failure or have let yourself or your family down
 | ○ 0 | ○ 1 | ○ 2 | ○ 3 |
| 1. Trouble concentrating on things, such as reading the newspaper or watching television
 | ○ 0 | ○ 1 | ○ 2 | ○ 3 |
| 1. 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
 | ○ 0 | ○ 1 | ○ 2 | ○ 3 |
| 1. Thoughts that you would be better off dead, or of hurting yourself in some way
 | ○ 0 | ○ 1 | ○ 2 | ○ 3 |

|  |
| --- |
| 1. If you checked off any problems on this questionnaire so far, how difficult have these problems made if 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○  |

**Self-SCORING:**

Each response from the PHQ9 has a score ranging from 0 to 3. The score for each response is next to the check box. After you have completed the PHQ9, add up each column score, and then sum all four columns for the score. Below are the scoring guidelines for the PHQ9.

**Scoring Guidelines. Add up questions 1-9**

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| --- |
| **Guidelines for Interpretation of PHQ9\*** |
| **Score** | **Risk Level** | **Intervention** |
| 0-4 | No to Low risk | None, rescreen if needed in the future |
| 5-9 | Mild | Watchful waiting; repeat PHQ9 as needed |
| 10-14 | Moderately | Consider counseling or refer to medical care provider  |
| 15-19 | Moderately Severe  | Recommend active treatment with medication and/or psychotherapy |
| 20+ | Severe | Recommend immediate initiation of medication and if, severe impairment expedited referral to a mental health specialist for psychotherapy and/or collaborative management with medical care provider |

\*Kroenke K, Spitzer RL. (2002). The PHQ-9: A new depression and diagnostic severity measure. *Psychiatric Annals*, 32, 509-521.

*NOTE: If the person responds to question 9 with any answer other than “not at all,” a suicide risk assessment needs to be completed. This can be done by calling 988 mental health hotline or immediately contacting their therapist or medical care provider*

**Substance Use**

Do you ever drink more than 2 drinks in a sitting or use any kind of drugs? Yes No

If yes, then complete this (CAGE)

|  |  |  |
| --- | --- | --- |
| 1. Have you ever felt you ought to Cut down on your drinking or drug use?
 | Yes | No |
| 1. Have people Annoyed you by criticizing your drinking or drug use?
 | Yes | No |
| 1. Have you felt bad or Guilty about your drinking or drug use?
 | Yes | No |
| 1. Have you ever had a drink or used drugs first thing in the morning to steady your nerves or to get rid of a hangover (Eye-opener)?
 | Yes | No |

If yes to screen question try the [AUDIT](https://auditscreen.org/check-your-drinking/). <https://auditscreen.org/check-your-drinking/>

Or CUDIT-R for pot use. <https://prevention.dasa.ncsu.edu/aod/about-aod/cannabis-use-disorder-test/>

Or the DAST-10 for drug use. <https://qxmd.com/calculate/calculator_835/drug-abuse-screen-test-dast-10>

**Domestic Violence**

|  |  |  |
| --- | --- | --- |
| 1. In your home/ relationship, within the past few years, have you given or received a hit, slap, kick, push, shove, or otherwise physically hurt?
 | Yes | No |
| 2. Within the past few years, have you participated in sexual activities against your will or will of partner?  | Yes | No |
| 3. (If yes to either above): Are you afraid that this may happen again? | Yes | No |
| 4. Do children (anyone under 18) live in the home? Even part-time | Yes | No |
| 5. Have children been involved in any hit, slap, kick, push, shove, or otherwise physically hurt? Or participated in sexual activities? | Yes | No |

**Note:** This screening tool is intended to help church ministry leaders with understanding the needs of people in their congregation. It cannot provide a diagnosis and may not be accurate. If issues of self-harm, violence, aggression, and substance abuse are arising we recommend seeking help through mental health providers in your community, through 988 mental health hotline,

**Helper/ Champion: WHAT TO DO WITH SCREENING info:**

Don’t be afraid, Don’t worry. You can care about someone who is in high distress. How to respond to each area

1. Self-harm. If a person answered anything except for 0 on question 9 on the PHQ (about being better off dead) then listen to them for a while about that. Have them call their therapist (if they have one), their medical doctor, or 988, the mental health crisis line. You can call 988 with them or for them if you are deeply concerned. They should have someone do a suicide evaluation. If they refuse or leave the meeting with you, let your church leader / pastor know about this right away. If the person was making statements that make you highly concerned about their safety, you can call 988 yourself and ask for advice on what you can do next.
2. Violence or Aggression where children are present. If they answered yes to questions about domestic violence, you can ask more and pray with them. That is your role. However, if there is domestic violence and there are children in the home, you may need to call Child Protective Services in your area. You are responsible, as a church, to the reporting laws of your state. Talk immediately with your pastor, or designated ministry leader about what you learned and ask them what to do next. Most states have a child abuse hotline, or you and the ministry leader can google how to report abuse to child protective services in your city to find the phone number to call. Not reporting promptly can be a crime, so this is important to understand.
3. Violence or aggression without children. If they answered yes to questions about domestic violence, and there are no children in the home, you can listen to them and pray with them. You might consult with your ministry leader if there are further resources in your area such as domestic violence shelters that your church can offer the person.
4. Substance abuse. If they answered yes regarding substance abuse, you can ask if they have received any support or help from their doctor, a mental health provider, or a support group. If not, talking about ways that might help them with substances can be a focus of your time listening. Your ministry leader might know about further resources for substance abuse recovery in your community.

Remember that the 7 cups App/website has a listener support chat room that you can access anytime to ask questions of other lay-helpers on various issues that come up. They have groups and chats you can engage anytime to help you not feel alone, and get some support. Look for “Get Help in Listener Support” as a link in your helper page

<https://www.7cups.com/chat/?c=k2dmeXmbkuJO42uXh1iY>

Hotlines

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| 988 Mental Health hotline(U.S.) The National Suicide Prevention Lifeline at 1-800-273-8255Crisis Text Line (U.S.) Text HOME to 741741Sexual Assault Hotline (574)-254-7473 | US Veterans Crisis Hotline 1-800-273-TALK(8255)Center to Prevent Youth Violence 1-866-773-2587National Runaway Switchboard 1-800-RUNAWAY(786-2929)SAFE Alternatives for self injurers. selfinjury.comAl-Anon for family of substance abusers. al-anon.org |