



Been putting off going to the Doctors, maybe you've not been feeling like you're on top of things lately? Why not complete our Wellbeing Questionnaire, and then get in touch to discuss your results.

I can then recommend some suggestions as to what you should be doing next to help yourself ...

P2 – Local Patient Identifier

IAPT Employment Status Questions

A14 - Please indicate which of the following options best describes your current status:

Employed full-time (30 hours or more per week)	<input type="checkbox"/>
Employed part-time	<input type="checkbox"/>
Unemployed	<input type="checkbox"/>
Full-time student	<input type="checkbox"/>
Retired	<input type="checkbox"/>
Full-time homemaker or carer	<input type="checkbox"/>

A15 - Are you currently receiving Statutory Sick Pay?

Yes	<input type="checkbox"/>
No	<input type="checkbox"/>

A16 - Are you currently receiving Job Seekers Allowance, Income support or Incapacity benefit?

Yes	<input type="checkbox"/>
No	<input type="checkbox"/>

Work and Social Adjustment (W&SA)

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.

1. **WORK** - if you are retired or choose not to have a job for reasons unrelated to your problem, please tick N/A (not applicable)

0 1 2 3 4 5 6 7 8 N/A
 Not at Slightly Definitely Markedly Very severely, I cannot work
 all

2. **HOME MANAGEMENT** – Cleaning, tidying, shopping, cooking, looking after home/children, paying bills etc

0 1 2 3 4 5 6 7 8
 Not at Slightly Definitely Markedly Very severely
 all

3. **SOCIAL LEISURE ACTIVITIES** - With other people, e.g. parties, pubs, outings, entertaining etc.

0 1 2 3 4 5 6 7 8
 Not at Slightly Definitely Markedly Very severely
 all

4. **PRIVATE LEISURE ACTIVITIES** – Done alone, e.g. reading, gardening, sewing, hobbies, walking etc.

0 1 2 3 4 5 6 7 8
 Not at Slightly Definitely Markedly Very severely
 all

5. **FAMILY AND RELATIONSHIPS** – Form and maintain close relationships with others including the people that I live with

0 1 2 3 4 5 6 7 8
 Not at Slightly Definitely Markedly Very severely
 all

A13 – W&SAS total score

PHQ- 9

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
2 Feeling down, depressed, or hopeless	0	1	2	3
3 Trouble falling or staying asleep, or sleeping too much	0	1	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	1	2	3
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	0	1	2	3
9 Thoughts that you would be better off dead or of hurting yourself in some way	0	1	2	3

A11 – PHQ9 total score

GAD-7

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 Feeling nervous, anxious or on edge	0	1	2	3
2 Not being able to stop or control worrying	0	1	2	3
3 Worrying too much about different things	0	1	2	3
4 Trouble relaxing	0	1	2	3
5 Being so restless that it is hard to sit still	0	1	2	3
6 Becoming easily annoyed or irritable	0	1	2	3
7 Feeling afraid as if something awful might happen	0	1	2	3

A12 – GAD7 total score

IAPT Phobia Scales (PSQ)

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

0	1	2	3	4	5	6	7	8
Would not 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 myself	<input style="width: 50px; height: 25px;" 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 style="width: 50px; height: 25px;" 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 style="width: 50px; height: 25px;" type="text"/>