

Questionnaires Source

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PHQ-9 (Patient Health Questionnaire for Depression):

- Max score: 27

Questionnaire scoring:

- 0 = Not at all
- 1 = Several days
- 2 = More than half
- 3 = Nearly every day

Severity scale:

- 0 - 4: None
- 5 - 9: Mild
- 10 - 14: Moderate
- 15 - 19: Moderately Severe
- 20 - 27: Severe

Source: Page 7 - <https://drive.google.com/open?id=1J-cJqTnUU6Q7sYUmOIB9jz4GKqZ4lky8>

DAST-10 (Drug Abuse Screening Test):

- Max score: 10

Questionnaire scoring:

- 1 = Yes (except for **QUESTION 3**, 1 pt for no)
- 0 = No (except for question 3, 1 pt for no)

Severity scale:

- 0: No problems reported
- 1 - 2: Low level
- 3 - 5: Moderate level
- 6 - 8: Substantial level
- 9 - 10: Severe level

Source: http://www.bu.edu/bniart/files/2012/04/DAST-10_Institute.pdf

GAD-7 (General Anxiety Disorder):

- Max score: 21

Questionnaire scoring:

- 0 = Not at all
- 1 = Several days
- 2 = More than half
- 3 = Nearly every day

Severity scale:

- 0 - 4: None
- 5 - 9: Mild

- 10 - 14: Moderate
- 15 - 21 : Severe

Source: <https://www.psychcongress.com/generalized-anxiety-disorder-7-gad-7>

AUDIT-C (Alcohol Usage)

- Max score: 12

Questionnaire scoring:

- 0 = A
- 1 = B
- 2 = C
- 3 = D
- 4 = E

Severity scale:

- *Male: 0 - 3 = Negative | 4 and above = Positive
- *Female: 0 - 2 = Negative | 3 and above = Positive

Source: https://www.integration.samhsa.gov/images/res/tool_auditc.pdf

WHO-5 (Well-Being Index)

- Max score: 100

Questionnaire scoring:

- 0 = At no time
- 1 = Some of the time
- 2 = Less than half
- 3 = More than half
- 4 = Most of the time
- 5 = All the time

Severity scale:

- 0 - 28: Depression likely
- 29 - 51: Low mood
- 52 - 100: None

Source: <https://www.karger.com/Article/FullText/376585> | https://www.psykiatri-regionh.dk/who-5/Documents/WHO5_English.pdf

PCL (PTSD Checklist)

- Max score: 80

Questionnaire scoring:

- 0 = Not at all
- 1 = A little bit
- 2 = Moderately
- 3 = Quite a bit
- 4 = Extremely

Severity scale:

- 0 - 32: None
- 33 - 80: Probable PTSD (Needs further assessment)

Source: https://www.mirecc.va.gov/cih-visn2/Documents/Clinical/PCL-5_with_Info_Sheet.pdf

DERS (Difficulties in Emotion Regulation Scale)

- Max score: 114

Questionnaire scoring:

- 1 = Almost never
- 2 = Sometimes
- 3 = About half the time
- 4 = Most of the time
- 5 = Almost always

Severity scale: None

SUBSCALE SCORING:**

- The measure yields a total score (SUM) as well as scores on six sub-scales:
 - 1. Nonacceptance of emotional responses (NONACCEPT): 11, 12, 21, 23, 25, 29
 - 2. Difficulty engaging in Goal-directed behavior (GOALS): 13, 18, 20R, 26, 33
 - 3. Impulse control difficulties (IMPULSE): 3, 14, 19, 24R, 27, 32
 - 4. Lack of emotional awareness (AWARENESS): 2R, 6R, 8R, 10R, 17R, 34R
 - 5. Limited access to emotion regulation strategies (STRATEGIES): 15, 16, 22R, 28, 30, 31, 35, 36
 - 6. Lack of emotional clarity (CLARITY): 1R, 4, 5, 7R, 9
 - Total score: sum of all subscales
 - **"R" indicates reverse scored item

Source: http://cairncenter.com/forms/difficultiesinemotionalregulation_scale.pdf

DASS-21 (Depression Anxiety Stress Scales)

- Max score: none

Questionnaire scoring:

- 0 = Did not apply at all
- 1 = Applied to some degree, or some of the time
- 2 = Applied to a considerable degree or a good part of the time
- 3 = Applied very much or most of the time

DASS21 is separated into 3 categories: Depression, anxiety, and stress with 7 questions each.

Severity scale: (Recommended)

	Depression	Anxiety	Stress
Normal	0-9	0-7	0-14
Mild	10-13	8-9	15-18
Moderate	14-20	10-14	19-25
Severe	21-27	15-19	26-33
Extremely Severe	28+	20+	34+

Source: <https://maic.qld.gov.au/wp-content/uploads/2016/07/DASS-21.pdf>

PQLESQ (Pediatric Quality of Life Enjoyment and Satisfaction Questionnaire)

- Max score: 70

Scoring is as follows:

- Questions 1-14 comprise of total score (%max)
 - Formula: $\%MAX = \frac{\text{raw total score} - \text{minimum score}}{\text{max score} - \text{minimum score}}$ (ex: $\frac{56-14}{70-14} \rightarrow 42/56 \rightarrow \%MAX = 0.75$)
 - See table--
- Question 15 is used as “stand alone” measure.

Raw Score	% Maximum	Raw Score	% Maximum	Raw Score	% Maximum
14	0	26	21	38	43
15	2	27	23	39	45
16	4	28	25	40	46

17	5	29	27	41	48
18	7	30	29	42	50
19	9	31	30	43	52
20	11	32	32	44	54
21	13	33	34	45	55
22	14	34	36	46	57
23	16	35	38	47	59
24	18	36	39	48	61
25	20	37	41	49	63
				50	64

Questionnaire scoring:

- 1 = Very poor
- 2 = Poor
- 3 = Fair
- 4 = Good
- 5 = Very good
- If satisfaction is very poor, poor or fair on these items, underline factors associated with lack of satisfaction
- If items are left blank, the minimum and maximum score must be modified to reflect the number of items scored.

Severity scale:

- There is none. The test is done over a course of 1 week and is compared to see the difference between certain weeks.

Sources: <https://www.ncbi.nlm.nih.gov/pubmed/16601644>
https://s3.amazonaws.com/phenx-portal/public/phenx-content/ERP/ERP4/Datasheets/02_New_Protocols/06_Quality_of_Life_Enjoyment_Satisfaction_Children_PQ-LES-Q.doc

YBOCS (Yale-Brown Obsessive Compulsive Scale)

- Max score: 40

Questionnaire scoring (applies to all questions):

- 0
- 1

- 2
- 3
- 4

Severity scale:

- 0 - 7: None
- 8 - 15: Mild
- 16 - 23: Moderate
- 24 - 31: Severe
- 32 - 40: Extreme

Source:

<https://www.addictionsandrecovery.org/tools/obsessive-compulsive-disorder-test-yale-brown-ocd-scale-ybocs.pdf>