



Phoenix Therapeutic Phoenix ID# (Office use only) _____

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Personal Health Questionnaire (PHQ 20)

This questionnaire is an important part of providing you with the best health care possible. Your answers will help in understanding problems that you may have. Please answer every question to the best of your ability unless you are requested to skip over a question.

Name _____ Age _____ Sex: Female Male Today's Date _____

1. During the last 4 weeks, how much have you been bothered by any of the following problems?	Not Bothered	Bothered a little	Bothered a lot
a. Stomach pain	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
b. Back pain	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
c. Pain in your arms, legs, or joints (knees, hips, etc)	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
d. Menstrual cramps or other problems with your periods	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
e. Pain or problems during sexual intercourse	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
f. Headaches	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
g. Chest pain	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
h. Dizziness	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
i. Fainting spells	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
j. Feeling your heart pound or race	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
k. Shortness of breath	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
l. Constipation, loose bowels, or diarrhea	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
m. Nausea, gas, or indigestion	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

2. 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
a. Little interest or pleasure in doing things	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
b. Feeling down, depressed, or hopeless	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
c. Trouble falling or staying asleep, or sleeping too much	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
d. Feeling tired or having little energy	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
e. Poor appetite or overeating	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
f. Feeling bad about yourself, or that you are a failure, or have let yourself or your family down	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
g. Trouble concentrating on things, such as reading the newspaper or watching television	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
h. 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	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
i. Thoughts that you would be better off dead or of hurting yourself in some way	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>



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3. Questions about anxiety.

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 #5.

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?

4. Think about your last bad anxiety attack.

a. Were you short of breath?

b. Did your heart race, pound, or skip?

c. Did you have chest pain or pressure?

d. Did you sweat?

e. Did you feel as if you were choking?

f. Did you have hot flashes or chills?

g. Did you have nausea or an upset stomach, or the feeling that you were going to have diarrhea?

h. Did you feel dizzy, unsteady, or faint?

i. Did you have tingling or numbness in parts of your body?

j. Did you tremble or shake?

k. Were you afraid you were dying?

5. Over the last 4 weeks, how often have you been bothered by any of the following problems?

a. Feeling nervous, anxious, on edge, or worrying a lot about different things

If you checked "Not at all", go to question #6.

b. Feeling restless so that it is hard to sit still

c. Getting tired very easily

d. Muscle tension, aches, or soreness

e. Trouble falling asleep or staying asleep

f. Trouble concentrating on things, such as reading a book or watching TV

g. Becoming easily annoyed or irritable



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- 6. Questions about eating.** **NO** **YES**
- a. Do you often feel that you can't control what or how much you eat?
- b. Do you often eat, within any 2-hour period, what most people would regard as an unusually large amount of food?
If you checked 'NO' to either #a or #b, go to question #9.
- c. Has this been as often, on average, as twice a week for the last 3 months?
- 7. In the last 3 months have you often done any of the following in order to avoid gaining weight?**
- a. Made yourself vomit?
- b. Took more than twice the recommended dose of laxatives?
- c. Fasted - not eaten anything at all for at least 24 hours?
- d. Exercised for more than an hour specifically to avoid gaining weight after binge eating?
- 8. If you checked "YES" to any of these ways of avoiding gaining weight, were any as often, on average, as twice a week?**
- 9. Do you ever drink alcohol (including beer or wine)?**
If you checked "NO" go to question #11.
- 10. Have any of the following happened to you more than once in the last 6 months?**
- a. You drank alcohol even though a doctor suggested that you stop drinking because of a problem with your health
- b. You drank alcohol, were high from alcohol, or hung over while you were working, going to school, or taking care of children or other responsibilities
- c. You missed or were late for work, school, or other activities because you were drinking or hung over
- d. You had a problem getting along with other people while you were drinking
- e. You drove a car after having several drinks or after drinking too much
- 11. 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**



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12. In the last 4 weeks, how much have you been bothered by any of the following problems?

	Not Bothered	Bothered a little	Bothered a lot
a. Worrying about your health	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
b. Your weight or how you look	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
c. Little or no sexual desire or pleasure during sex	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
d. Difficulties with husband/wife, partner/lover or boyfriend/girlfriend	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
e. The stress of taking care of children, parents, or other family members	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
f. Stress at work outside of the home or at school	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
g. Financial problems or worries	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
h. Having no one to turn to when you have a problem	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
i. Something bad that happened <u>recently</u>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
j. Thinking or dreaming about something terrible that happened to you in the <u>past</u> - like your house being destroyed, a severe accident, being hit or assaulted, or being forced to commit a sexual act	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

13. In the last year, have you been hit, slapped, kicked or otherwise physically hurt by someone, or has anyone forced you to have an unwanted sexual act?

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

14. What is the most stressful thing in your life right now? _____

15. Are you taking any medicine for anxiety, depression or stress?

16. FOR WOMEN ONLY: Questions about menstruation, pregnancy and childbirth.

a. Which best describes your menstrual periods?

Periods are unchanged	No periods because pregnant or recently gave birth	Periods have become irregular or changed in frequency, duration or amount	No periods for at least a year	Having periods because taking hormone replacement (estrogen) therapy or oral contraceptive
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

b. During the week before your period starts, do you have a serious problem with your mood - like depression, anxiety, irritability, anger or mood swings?

NO/N.A.	YES
<input type="checkbox"/>	<input type="checkbox"/>

If YES: Do these problems go away by the end of your period?

<input type="checkbox"/>	<input type="checkbox"/>
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Have you given birth within the last 6 months?

<input type="checkbox"/>	<input type="checkbox"/>
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Have you had a miscarriage within the last 6 months?

<input type="checkbox"/>	<input type="checkbox"/>
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Are you having difficulty getting pregnant?

<input type="checkbox"/>	<input type="checkbox"/>
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