

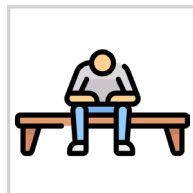
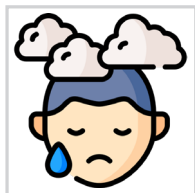
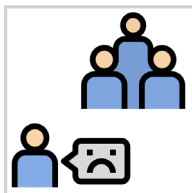
Depression Visual Aids

When screening for depression in individuals with communication impairments, you may use several visual tools and scales to assist the patient to respond in a variety of ways. You may also wish to use screening tools that rely on observations from the medical team and/or family. Use the following visual aids to provide picture supported signs and symptoms of depression, allowing someone to nonverbally communicate the intensity of their depression and indicate changes over time.

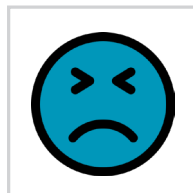
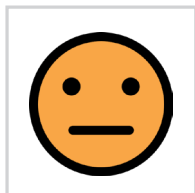
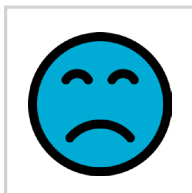
Patient Health Question (PHQ) - 2

For each symptom identified by the person, use the time options on page 5 to identify the frequency it is experienced over a two-week period.

1. Little interest or pleasure in doing things



2. Feeling down, depressed or hopeless

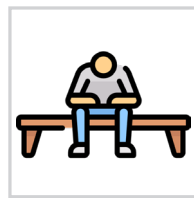
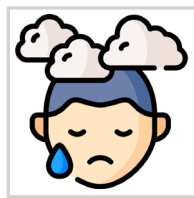
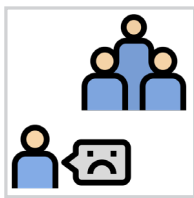


Patient Health Question (PHQ) - 9

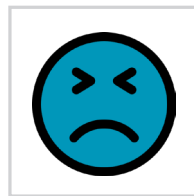
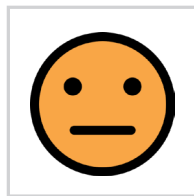
Kroenke K, Spitzer RL, Williams JB. The PHQ-9: validity of a brief depression severity measure. *Journal of General Internal Medicine.* 2001;16(9):606-613.

For each symptom identified by the person, use the time options on page 5 to identify the frequency it is experienced over a two-week period. Scoring can be completed on page 6.

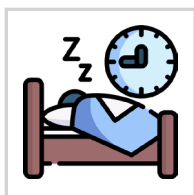
1. Little interest or pleasure in doing things



2. Feeling down, depressed or hopeless



3. Sleep problems – trouble falling asleep, trouble staying asleep, sleeping too much

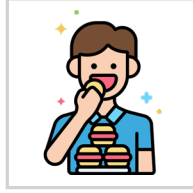


4. Feeling tired or having little energy

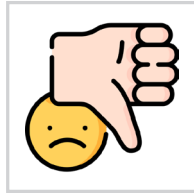


Depression Visual Aids

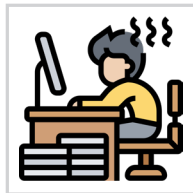
5. Poor appetite or overeating



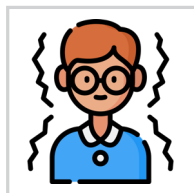
6. Feeling bad about yourself — that you are a failure or have let yourself or your family down



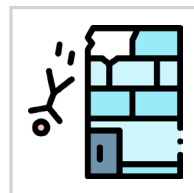
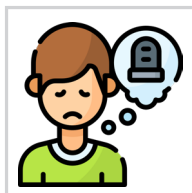
7. Trouble concentrating on things, such as reading the newspaper or watching television



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



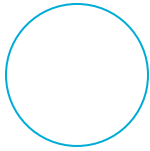
Depression Visual Aids

If you checked off any problems, 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?



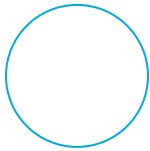
The PHQ-9 was developed by Drs. Robert L. Spitzer, Janet B.W. Williams, Kurt Kroenke and colleagues, with an educational grant from Pfizer Inc. No permission required to reproduce, translate, display or distribute.

Once a symptom is identified by the patient, using the pictures and verbal questions above, use the visual options below to inquire about the frequency of each symptom.



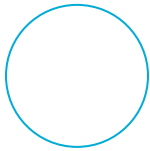
Not at all

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY



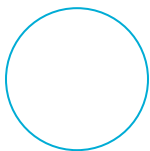
Several days

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY



More than half

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY



Nearly every day

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY

Patient Health Questionnaire (PHQ) - 9

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

(Use “✓” to indicate your answer)

	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

For Office Coding _____ + _____ + _____ + _____
= TOTAL SCORE: _____

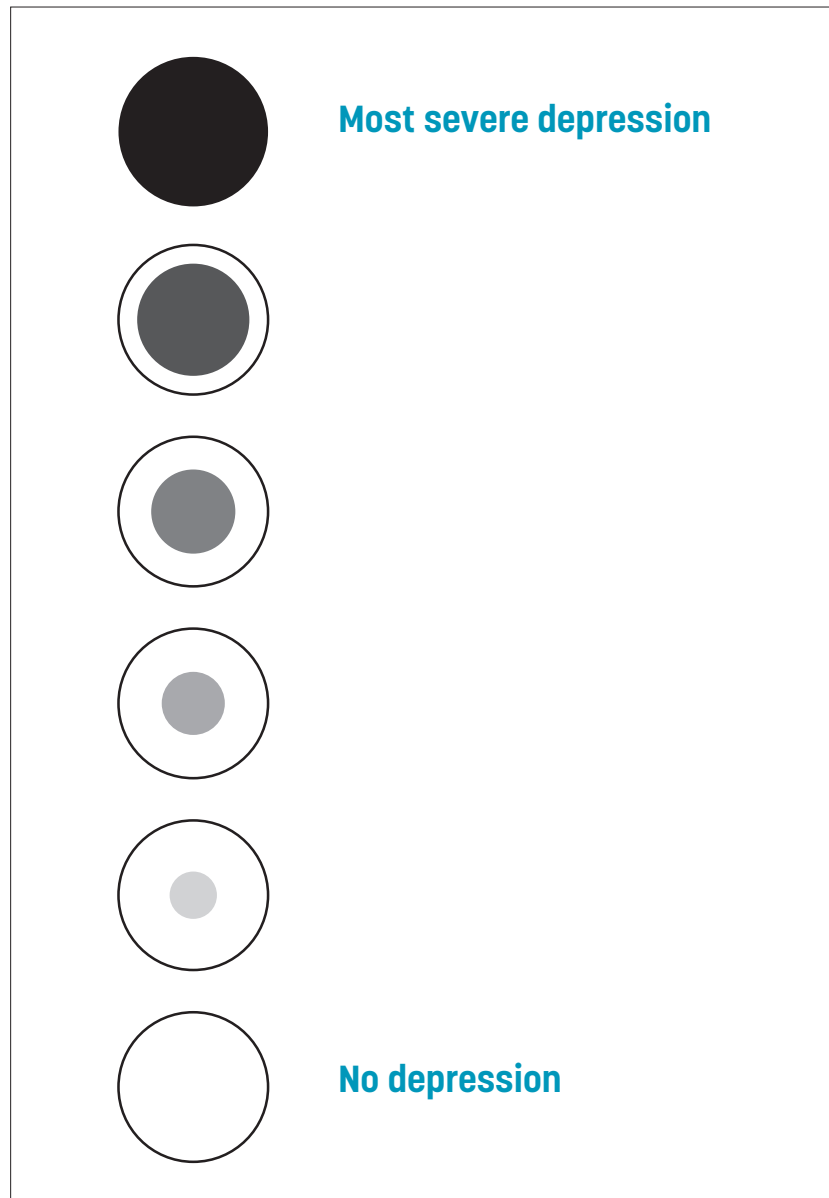
If you checked off any problems, how difficult have these problems made it for you to do your work, take care of things at home, or get along with other people?

Not difficult at all Somewhat difficult Very difficult Extremely difficult

Depression Intensity Scale Circles (DISCs)

The following explanation is reinforced by gesture or pictures as appropriate:

- This is a scale for measuring sadness or depression. The grey circles show how sad or depressed you feel.
- The bottom circle [indicate clear circle] shows no sadness or depression.
- The top circle [indicate completely shaded circle] shows sadness or depression as bad as it can be.
- As you go from the bottom to the top circle [point to each circle ascending the scale] you can see that sadness or depression is becoming more and more severe.
- **“Which of these circles shows best how sad or depressed you feel today?”**



Depression Visual Aids

