

The COVID-19 Pandemic has been causing stress for many people. If you are wondering if it is having an impact on your well being, here are a few questions to ask yourself to see if you may benefit from talking with someone about stress management.

Throughout the COVID-19 Pandemic and in particular over the last two weeks, how often have you been bothered by any of the following problems?

	Not at all (0 pts.)	Several days (1 pt.)	More than half the days (2 pts.)	Nearly every day (3 pts.)
1. Little interest or pleasure in doing things	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
2. Feeling down, depressed, or hopeless	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
3. Trouble falling or staying asleep, or sleeping too much	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
4. Feeling tired or having little energy	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
5. Poor appetite or overeating	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
6. Feeling bad about yourself—or that you are a failure or have let yourself or your family down	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
7. Trouble concentrating on things such as reading the newspaper or watching television	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
8. Feeling excessive worry that causes distress and is difficult to control.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
9. Use of alcohol or drugs that has resulted in your failure to fulfill responsibilities, has others concerned about you or has placed you in a dangerous situation.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

If you clicked on any problems above, how difficult have they 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 ☐

Add up your points for questions 1-9. If you have a total score of 7 or greater or any one item scored 3 points and the problem(s) have made your life somewhat, very or extremely difficult please call 701-746-6336 for further assistance.

Reference

Based on *Patient Health Questionnaire-9 (PHQ-9)* Developed by Drs. Robert L. Spitzer, Janet B.W. Williams, Kurt Kroenke, and colleagues, with an educational grant from Pfizer Inc.

Diagnostic and Statistical Manual of Mental Disorders, Fourth Edition. Washington, DC, American Psychiatric Association, 1994.

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