

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

		<i>Not at all</i>	<i>Several days</i>	<i>More than half the days</i>	<i>Nearly every day</i>
D1.	Little interest or pleasure in doing things.	0	1	2	3
D2.	Feeling down, depressed, or hopeless.	0	1	2	3
D3.	Trouble falling or staying asleep, or sleeping too much.	0	1	2	3
D4.	Feeling tired or having little energy.	0	1	2	3
D5.	Poor appetite or overeating.	0	1	2	3
D6.	Feeling bad about yourself — or that you are a failure or have let yourself or your family down.	0	1	2	3
D7.	Trouble concentrating on things, such as reading the newspaper or watching television.	0	1	2	3
D8.	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
D9.	Thoughts that you would be better off dead or of hurting yourself in some way.	0	1	2	3
A1.	Feeling nervous, anxious or on edge	0	1	2	3
A2.	Not being able to stop or control worrying	0	1	2	3
A3.	Worrying too much about things	0	1	2	3
A4.	Trouble relaxing	0	1	2	3
A5.	Being so restless that it is hard to sit still	0	1	2	3
A6.	Becoming easily annoyed or irritable	0	1	2	3
A7.	Feeling afraid as if something awful might happen	0	1	2	3

Below are a number of problems that people may experience in response to the COVID-19 pandemic (replace underlined text with any relevant event).

Over the last month, how much you have been bothered by each of these problems in relation to your experience of the COVID-19 pandemic.

		<i>Not at All</i>	<i>A little bit</i>	<i>Moderately</i>	<i>Quite a bit</i>	<i>Extremely</i>
P1.	Having upsetting dreams that replay part of the experience or are clearly related to the experience?	0	1	2	3	4
P2.	Having powerful images or memories that sometimes come into your mind in which you feel the experience is happening again in the here and now?	0	1	2	3	4
P3.	Avoiding internal reminders of the experience (for example, thoughts, feelings, or physical sensations)?	0	1	2	3	4
P4.	Avoiding external reminders of the experience (for example, people, places, conversations, objects, activities, or situations)?	0	1	2	3	4
P5.	Being “super-alert”, watchful, or on guard?	0	1	2	3	4
P6.	Feeling jumpy or easily startled?	0	1	2	3	4
<i>In the past month have the above problems:</i>						
P7.	Affected your relationships or social life?	0	1	2	3	4
P8.	Affected your work or ability to work?	0	1	2	3	4
P.9	Affected any other important part of your life such as parenting, or school or college work, or other important activities?	0	1	2	3	4

Information:

This instrument measures the symptoms of Major Depressive Disorder (MDD: Patient Health Questionnaire-9), Generalized Anxiety Disorder (GAD: Generalized Anxiety Disorder-7), and Posttraumatic Stress Disorder (PTSD: International Trauma Questionnaire). These measures are freely available in the public domain and have been translated into multiple languages. Translations can be downloaded from <https://www.phqscreeners.com/select-screener> and <https://www.traumameasuresglobal.com/itq>.

Scoring instructions:

1. Dimensional scoring

Sum of Likert scores for D1-D9 = Symptoms of depression (Dep)

Sum of Likert scores for A1-A7 = Symptoms of anxiety (Anx)

Sum of Likert scores for P1-P6 = Symptoms of posttraumatic stress (PS)

Total mental health distress score = Sum of Dep, Anx, and PS

2. Diagnostic scoring

Probable diagnosis of Major Depressive Disorder:

If sum of depression (D1-D9) is ≥ 10 , criterion met (Dep_dx)

Probable diagnosis of Generalized Anxiety Disorder

If sum of anxiety (A1-A7) is ≥ 10 , criterion met (Anx_dx)

Probable diagnosis of Posttraumatic Stress Disorder

If P1 or P2 ≥ 2 criteria for Re-experiencing in the here and now (Re_dx) met

If P3 or P4 ≥ 2 criteria for Avoidance (Av_dx) met

If P5 or P6 ≥ 2 criteria for Sense of current threat (Th_dx) met

If P7, P8, or P9 ≥ 2 criteria for PTSD functional impairment (PTSDFI) met

If criteria for 'Re_dx' AND 'Av_dx' AND 'Th_dx' AND 'PTSDFI' are met, criteria for PTSD are met (PTSD_dx)

Probable diagnosis of a mental health disorder

If 'Dep_dx' OR 'Anx_dx' OR 'PTSD_dx' met, criterion met.