



# Materiali didattici

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## Anxiety and depression short questions

# **Anxiety disorders NICE GUIDELINE 2012: WHOLLEY QUESTIONS**

## **Question of anxiety disorders (base)**

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

Feeling nervous, anxious, or on edge?

Being unable to stop or control worrying?

## **Question of anxiety disorders (further assessment)**

Over the last 2 weeks, how often have you been bothered by:

Worrying too much about different things?

Having trouble relaxing?

Being so restless that it is hard to sit still?

Becoming easily annoyed or irritable?

Feeling afraid that something awful may happen?

*Common mental health disorders – identification and pathways to care: NICE clinical guideline.  
British Journal of General Practice 2012; 62: 47-49*

# Depression NICE GUIDELINE 2012: WHOLLEY QUESTIONS

## Question for case finding in depression

During the last month have you often been bothered by feeling down, depressed, hopeless?

During the last month have you often been bothered by having little interest or pleasure in doing things?

*Common mental health disorders – identification and pathways to care: NICE clinical guideline. British Journal of General Practice 2012; 62: 47*