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Self-rated scales are types of surveys that can be used to screen for mental illness. The scales are not meant to be used to diagnose mental illness. They are meant to help identify people who need further assessment. These scales can also be used to check if symptoms of mental illness are getting better or worse. The scales are made up of simple questions about different symptoms you might have. These questions are specific to the mental illness being assessed. The scales can be used by any health care provider, such as a primary care<sup>1-3</sup> or mental health care provider.

You can complete the scales in less than 10 minutes. Some scales have shortened versions, which are even faster to complete. These shorter scales help inform health care providers who would benefit from the full screening. It is important to carefully follow the directions when answering the questions. This will make sure the survey results are correct. Some scales may ask about how you felt recently. Others may ask if you have ever experienced something in your life.

About 1 in 5 adults in the United States live with a diagnosis of a mental illness. Less than half of these people receive treatment.<sup>4</sup> Health care providers must be able to identify people living with mental illness. This will help make sure people can get the treatment they need. These scales are important tools used to recognize people living with mental illness, determine what kind of treatment may be needed, and to keep track of their progress.

The table below reviews 3 commonly used self-rated mental health scales. These scales review symptoms of depression, anxiety, and manic or hypomanic episodes. Depression is a mental illness associated with sadness or lack of interest or pleasure. Anxiety is a mental illness associated with excessive worry or fear. Manic or hypomanic episodes are periods of time when you have extremely high energy or are overly happy or irritable. During this time, you may act much differently than normal. For example, you may sleep less than usual and not feel tired, spend more money than usual without thinking about the consequences, or feel that nothing can hurt you.

It is important to know if you have a history of a manic or hypomanic episode when treating mental illness. Some mental health medications can trigger a manic or hypomanic episode in people who have had one in the past. Knowing if you have had a manic or hypomanic episode will help health care providers determine what treatment will be the most helpful for you.

Self-Rated Scale	Purpose	Symptoms Evaluated	Number of Questions
<b>Patient Health Questionnaire-9 (PHQ-9)<sup>5</sup></b>	To review depression symptoms over the past 2 weeks	Interest or pleasure in doing things Feeling down or hopeless Trouble or changes in sleep Lack of energy Changes in appetite Feelings of being a failure Trouble concentrating Changes in speed of movement or speech Thoughts of death or self-harm	9
<b>Patient Health Questionnaire-2 (PHQ-2)</b>	<ul style="list-style-type: none"> <li>Shortened version of the PHQ-9</li> <li>Only has the first two questions of the PHQ-9</li> <li>Depending on your score on this scale, you may be asked to complete the full version</li> </ul>		2
<b>Generalized Anxiety Disorder-7 (GAD-7)<sup>6</sup></b>	To review anxiety symptoms over the past 2 weeks	Feelings of nervousness or anxiousness Excessive worrying Worrying too much about different things Difficulty relaxing Restlessness Becoming easily annoyed or irritable Feeling afraid something awful may happen	7
<b>Generalized Anxiety Disorder-2 (GAD-2)</b>	<ul style="list-style-type: none"> <li>Shortened version of the GAD-7</li> <li>Only has the first two questions of the GAD-7</li> <li>Depending on your score on this scale, you may be asked to complete the full version</li> </ul>		2
<b>Mood Disorder Questionnaire (MDQ)<sup>7</sup></b>	To identify people with a history of a manic or hypomanic episode	Feeling so good or hyper that you were not your normal self or that you got into trouble Feelings of irritability and self-confidence Decreased need for sleep Racing thoughts Trouble concentrating Increased energy, sex drive, and spending	15



Go online to find more information and to view the references for this toolkit.

[aapp.org/553857](http://aapp.org/553857)

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