

2005 Utah BRFSS Questionnaire: State-added Mental Health Questions

STMH1: Now I am going to ask you some questions about your mood.

Over the last 2 weeks, how often have you had little interest or pleasure in doing things? Would you say 'Not at all,' 'Several days,' 'More than half the days' or 'Nearly every day'?

1. Not at all
2. Several days
3. More than half the days
4. Nearly every day
7. Don't know/Not sure
9. Refused

STMH2: Over the last 2 weeks, how often have you felt down, depressed, or hopeless? Would you say 'Not at all,' 'Several days,' 'More than half the days' or 'Nearly every day'?

1. Not at all
2. Several days
3. More than half the days
4. Nearly every day
7. Don't know/Not sure
9. Refused

STMH3: (Over the last 2 weeks), how often have you had trouble falling asleep or staying asleep or sleeping too much?

(Would you say 'Not at all,' 'Several days,' 'More than half the days' or 'Nearly every day'?)

1. Not at all
2. Several days
3. More than half the days
4. Nearly every day
7. Don't know/Not sure
9. Refused

STMH4: (Over the last 2 weeks), how often have you felt tired or had little energy?

(Would you say 'Not at all,' 'Several days,' 'More than half the days' or 'Nearly every day'?)

1. Not at all
2. Several days
3. More than half the days
4. Nearly every day
7. Don't know/Not sure
9. Refused

STMH5: (Over the last 2 weeks), how often have you had a poor appetite or eaten too much?

(Would you say 'Not at all,' 'Several days,' 'More than half the days' or 'Nearly every day'?)

1. Not at all
2. Several days
3. More than half the days
4. Nearly every day
7. Don't know/Not sure
9. Refused

STMH6: (Over the last 2 weeks), how often have you felt bad about yourself – or that you were a failure or had let yourself or your family down?

(Would you say 'Not at all,' 'Several days,' 'More than half the days' or 'Nearly every day'?)

1. Not at all
2. Several days
3. More than half the days
4. Nearly every day
7. Don't know/Not sure
9. Refused

STMH7: (Over the last 2 weeks), how often have you had trouble concentrating on things, such as reading the newspaper or watching TV?

(Would you say 'Not at all,' 'Several days,' 'More than half the days' or 'Nearly every day'?)

1. Not at all
2. Several days
3. More than half the days
4. Nearly every day
7. Don't know/Not sure
9. Refused

STMH8: (Over the last 2 weeks), how often have you moved or spoken so slowly that other people could have noticed? Or the opposite – being so fidgety or restless that you were moving around a lot more than usual?

(Would you say 'Not at all,' 'Several days,' 'More than half the days' or 'Nearly every day'?)

1. Not at all
2. Several days
3. More than half the days
4. Nearly every day
7. Don't know/Not sure
9. Refused

STMH9: (Over the last 2 weeks), how often have you had thoughts that you would be better off dead or of hurting yourself in some way?

(Would you say 'Not at all,' 'Several days,' 'More than half the days' or 'Nearly every day'?)

1. Not at all
2. Several days
3. More than half the days
4. Nearly every day
7. Don't know/Not sure
9. Refused

2006–2007 Utah BRFSS Questionnaire: State-added Mental Health Questions (PHQ-9)

STMH1: Now I am going to ask you some questions about your mood. When answering these questions, please think about how many days each of the following has occurred in the past 2 weeks.

Over the last 2 weeks, how many days have you had little interest or pleasure in doing things?

__	01–14 days
88	None
77	Don't know/Not sure
99	Refused

STMH2: Over the last 2 weeks, how many days have you felt down, depressed or hopeless?

__	01–14 days
88	None
77	Don't know/Not sure
99	Refused

STMH3: Over the last 2 weeks, how many days have you had trouble falling asleep or staying asleep or sleeping too much?

__	01–14 days
88	None
77	Don't know/Not sure
99	Refused

STMH4: Over the last 2 weeks, how many days have you felt tired or had little energy?

__	01–14 days
88	None
77	Don't know/Not sure
99	Refused

STMH5: Over the last 2 weeks, how many days have you had a poor appetite or eaten too much?

__	01–14 days
88	None
77	Don't know/Not sure
99	Refused

STMH6: Over the last 2 weeks, how many days have you felt bad about yourself or that you were a failure or had let yourself or your family down?

__	01–14 days
88	None
77	Don't know/Not sure
99	Refused

STMH7: Over the last 2 weeks, how many days have you had trouble concentrating on things, such as reading the newspaper or watching the TV?

_ _	01–14 days
8 8	None
7 7	Don't know/Not sure
9 9	Refused

STMH8: Over the last 2 weeks, how many days have you moved or spoken so slowly that other people could have noticed? Or the opposite – being so fidgety or restless that you were moving around a lot more than usual?

_ _	01–14 days
8 8	None
7 7	Don't know/Not sure
9 9	Refused

STMH9: Over the last 2 weeks, how often have you had thoughts that you would be better off dead or of hurting yourself in some way?

_ _	01–14 days
8 8	None
7 7	Don't know/Not sure
9 9	Refused