

# MOOD & STRESS QUESTIONNAIRE

## PART A

1. Enter each score from the questionnaire in the white box.

| QUESTION | DEPRESSION | ANXIETY | STRESS |
|----------|------------|---------|--------|
| 1        |            |         |        |
| 2        |            |         |        |
| 3        |            |         |        |
| 4        |            |         |        |
| 5        |            |         |        |
| 6        |            |         |        |
| 7        |            |         |        |
| 8        |            |         |        |
| 9        |            |         |        |
| 10       |            |         |        |
| 11       |            |         |        |
| 12       |            |         |        |
| TOTAL    |            |         |        |

2. Sum the scores and enter in the 'total' boxes for each column.

3. Order the severity of depression, anxiety or stress, and focus treatment accordingly.

|             | DEPRESSION | ANXIETY | STRESS |
|-------------|------------|---------|--------|
| Normal/Mild | 0-4        | 0-4     | 0-4    |
| Moderate    | 5-8        | 5-8     | 5-8    |
| High        | 9-12       | 9-12    | 9-12   |

Modified from: Lovibond, S.H. & Lovibond, P.F. (1995). Manual for the Depression Anxiety Stress Scales. (2<sup>nd</sup> Edn.) Sydney: Psychology Foundation.

FOR PRACTITIONER USE ONLY



# MOOD & STRESS QUESTIONNAIRE

## PART B

- Add the scores for each section and enter the total into the 'score' column.
- Rank each section based on the score in descending order (i.e. 1 is the top score, 2 is the second highest, etc).
- Rank 1 indicates the most relevant prescription for your patient in this category.
- If the top scores are quite close, check the questions relevant to the section and ascertain which is most relevant to your patient.

| Section | Score | Formula                                | Rank |
|---------|-------|--|------|
| 1       |       | Neurocalm                              |      |
| 2       |       | Adaptan                                |      |
| 3       |       | Adrenotone                             |      |
| 4       |       | Resilian                               |      |
| 5       |       | Relaxan (females)<br>AndroLift (males) |      |

## PART C

- Add the scores for each section and enter the total into the 'score' column.
- Rank each section based on the score in descending order (i.e. 1 is the top score, 2 is the second highest, etc).
- Rank 1 indicates the most relevant prescription for your patient in this category.
- If the top scores are quite close, check the questions relevant to the section and ascertain which is most relevant to your patient.

Circle/underline if medically diagnosed with:

Depression

Anxiety

Hypothyroidism

| Section | Score | Formula    | Rank |
|---------|-------|------------|------|
| 6       |       | BrahmiTone |      |
| 7       |       | Proxan     |      |
| 8       |       | NeuroLift  |      |

FOR PRACTITIONER USE ONLY

