PRE HEPATITIS-C TREATMENT
LIVER CLINIC

Behavioral Health Screening
### GAD-7

**Over the last two weeks, how often have you been bothered by the following:**

<table>
<thead>
<tr>
<th></th>
<th>Not at all</th>
<th>Several days</th>
<th>More than half the days</th>
<th>Nearly every day</th>
</tr>
</thead>
<tbody>
<tr>
<td>1. Feeling nervous, anxious, or on edge</td>
<td>0</td>
<td>1</td>
<td>2</td>
<td>3</td>
</tr>
<tr>
<td>2. Not being able to sleep or control worrying</td>
<td>0</td>
<td>1</td>
<td>2</td>
<td>3</td>
</tr>
<tr>
<td>3. Worrying too much about different things</td>
<td>0</td>
<td>1</td>
<td>2</td>
<td>3</td>
</tr>
<tr>
<td>4. Trouble relaxing</td>
<td>0</td>
<td>1</td>
<td>2</td>
<td>3</td>
</tr>
<tr>
<td>5. Being so restless that it is hard to sit still</td>
<td>0</td>
<td>1</td>
<td>2</td>
<td>3</td>
</tr>
<tr>
<td>6. Becoming easily annoyed or irritable</td>
<td>0</td>
<td>1</td>
<td>2</td>
<td>3</td>
</tr>
<tr>
<td>7. Feeling afraid, as if something awful might happen</td>
<td>0</td>
<td>1</td>
<td>2</td>
<td>3</td>
</tr>
</tbody>
</table>

### PC-PTSD

Have you ever had *any* experience that was so frightening, horrible, or upsetting that in the **PAST MONTH** you:

- **Y** N  Have had any nightmares about it, or thought about it when you did not want to?
- **Y** N  Tried hard not to think about it, or went out of your way to avoid situations that remind you of it?
- **Y** N  Were constantly on guard, watchful, or easily startled?
- **Y** N  Felt numb or detached from others, activities, or your surroundings?
<table>
<thead>
<tr>
<th>Over the last 2 weeks, how often have you been bothered by any of the following:</th>
<th>Not at all</th>
<th>Several days</th>
<th>More than half the days</th>
<th>Nearly every day</th>
</tr>
</thead>
<tbody>
<tr>
<td>1. Little interest or pleasure in doing things</td>
<td>0</td>
<td>1</td>
<td>2</td>
<td>3</td>
</tr>
<tr>
<td>2. Feeling down, depressed or hopeless</td>
<td>0</td>
<td>1</td>
<td>2</td>
<td>3</td>
</tr>
<tr>
<td>3. Trouble falling asleep, staying asleep, or sleeping too much</td>
<td>0</td>
<td>1</td>
<td>2</td>
<td>3</td>
</tr>
<tr>
<td>4. Feeling tired or having little energy</td>
<td>0</td>
<td>1</td>
<td>2</td>
<td>3</td>
</tr>
<tr>
<td>5. Poor appetite or overeating</td>
<td>0</td>
<td>1</td>
<td>2</td>
<td>3</td>
</tr>
<tr>
<td>6. Feeling bad about yourself – or that you are a failure or have let yourself or your family down</td>
<td>0</td>
<td>1</td>
<td>2</td>
<td>3</td>
</tr>
<tr>
<td>7. Trouble concentrating on things, such as reading the newspaper or watching television</td>
<td>0</td>
<td>1</td>
<td>2</td>
<td>3</td>
</tr>
<tr>
<td>8. 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</td>
<td>0</td>
<td>1</td>
<td>2</td>
<td>3</td>
</tr>
<tr>
<td>9. Thoughts that you would be better off dead, or of hurting yourself in some way</td>
<td>0</td>
<td>1</td>
<td>2</td>
<td>3</td>
</tr>
<tr>
<td>10. If you checked off any of the above problems, how difficult have these problems made it for you to do your work, take care of things at home, or get along with other people?</td>
<td>Not difficult at all</td>
<td>Somewhat difficult</td>
<td>Very difficult</td>
<td>Extremely difficult</td>
</tr>
</tbody>
</table>
AUDIT-C

1) How often have you had a drink containing alcohol in the past year?
   0 – Never
   1 – Monthly or less
   2 – Two to four times per month
   3 – Two to four times per week
   4 – Four or more times per week

2) How many drinks did you have on a typical day when you were drinking in the past year?
   0 – 0 drinks
   1 – 1 or 2
   2 – 3 or 4
   3 – 5 or 6
   4 – 7 to 9
   5 – 10 or more

3) How often did you have 6 or more drinks on one occasion in the past year?
   0 – Never
   1 – Less than monthly
   2 – Monthly
   3 – Weekly
   4 – Daily or almost daily

If you sought mental health services during your treatment for Hepatitis C, how would you respond to the following questions? Please use the scale below.

   1  2  3  4  5
  Strongly Disagree  Agree and Disagree Equally  Strongly Agree

1. _____ I would feel inadequate if I went to a therapist for psychological help.

2. _____ Seeking psychological help would make me feel less intelligent.

3. _____ It would make me feel inferior to ask a therapist for help.

4. _____ If I went to a therapist, I would be less satisfied with myself.

5. _____ I would feel worse about myself if I could not solve my own problems.
This questionnaire is made up of a list of statements each of which may or may not be true about you. In general, rate how true or false each statement is.

<table>
<thead>
<tr>
<th>1</th>
<th>2</th>
<th>3</th>
<th>4</th>
<th>5</th>
</tr>
</thead>
<tbody>
<tr>
<td>Strongly Disagree</td>
<td>Agree and Disagree Equally</td>
<td>Strongly Agree</td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

1. _____ I feel that there is no one I can share my most private worries and fears with.

2. _____ If I were sick, I could easily find someone to help me with my daily chores.

3. _____ There is someone I can turn to for advice about handling problems with my friends or family.

4. _____ If I decide one afternoon that I would like to go to a movie that evening, I could easily find someone to go with me.

5. _____ When I need suggestions on how to deal with a personal problem, I know someone I can turn to.

6. _____ I don’t often get invited to do things with others.

7. _____ If a family crisis arose, it would be difficult to find someone who could give me good advice about how to handle it.

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1. Do you have a history of any emotional problems?  ___Yes  ___No

   **A. If yes, check all that apply:**
   ___Depression  ___Bipolar Disorder (manic-depressive)
   ___Anxiety (nerves)  ___Post-traumatic stress disorder (PTSD)
   ___Schizophrenia  ___Other:_________________________

   **B. Have you ever been hospitalized for emotional reasons?**  ___Yes  ___No

2. Are you currently being treated for any emotional problems?  ___Yes  ___No

   If yes, what problems? ____________________________________________

   Who treats you? _______________________________________________

   Where do you receive treatment? ____________________________________

3. Have you ever seen or heard things that no one else can (hallucinate)?
   ___ Never  ___In the Past  ___Currently

4. Have you ever had thoughts of hurting or killing yourself?
   ___ Never  ___In the Past  ___Currently

5. Have you ever had thoughts of hurting or killing someone else?
   ___ Never  ___In the Past  ___Currently
6. Have you ever hit your head so hard you lost consciousness?
   ___Yes    ___No    Date(s) ______________________

7. In the last six months, have you talked with your provider about any problems with memory or attention?
   ___Yes    ___No
   If yes, what did you tell them? ____________________________________________________________

8. In the past six months, did you ever have any difficulty managing your day-to-day finances?
   ___Yes    ___No    ___Occasionally    ___ I am no longer able to do this on my own

9. In the past six months, did you ever have any difficulty keeping up with your mail?
   ___Yes    ___No    ___Occasionally    ___ I am no longer able to do this on my own

10. Do you use my Health-e Vet?    ___Yes    ___No

1. What drugs have you EVER used in your LIFETIME? (check all that apply)
    ___Marijuana/hashish    ___Cocaine    ___Methamphetamine/Speed
    ___Heroin    ___LSD/PCP    ___Ecstasy
    ___Other: please specify____________________________________________None

2. What drugs have you used in the LAST 6 MONTHS? (check all that apply)
    ___Marijuana/hashish    ___Cocaine    ___Methamphetamine/Speed
    ___Heroin    ___LSD/PCP    ___Ecstasy
    ___Other: please specify____________________________________________None

3. Have you ever injected any drugs, even once?    ___Yes    ___No
   If yes, year last used:_______

4. Have you ever had drug or alcohol treatment?    ___Yes    ___No
   If yes, how many times?________
   Last year treated?________

5. Have you ever used prescription drugs, such as painkillers or sedatives, for RECREATIONAL or social purposes?
   ___Never    ___In the past    ___Currently