

Scoring Guide for AMHA-NW Personal Health Questionnaires

Instrument	Score	Description
PHQ15	0-4	None to minimal somatic symptoms
	5-9	Low somatic symptoms
	10-14	Medium somatic symptoms
	15+	High somatic symptoms
GAD7	0-4	None to minimal anxiety
	5-9	Mild anxiety
	10-14	Moderate anxiety
	15+	Severe anxiety
PHQ9	0-4	None to minimal depression
	5-9	Mild depression
	10-14	Moderate depression
	15-19	Moderately severe depression
	20+	Severe depression
Reference: https://phqscreeners.pfizer.edrupalgardens.com/sites/g/files/g10016261/f/201412/instructions.pdf		

Adverse Childhood Experiences Test

There is a strong graded relationship between the breadth of exposure to abuse or household dysfunction during childhood and multiple risk factors for several of the leading causes of death in adults.

Score	Health Risk
4 +	<p>4-12-fold increase risk for alcoholism, drug abuse, depression, suicide attempt.</p> <p>2-4-fold increase in smoking, poor self-rated health > or = to 50 sexual partners, STDs.</p> <p>1.4-1.6-fold increase in physical inactivity and severe obesity.</p> <p>The number of categories of adverse childhood exposures showed a graded relationship to the presence of adult diseases including ischemic heart disease, cancer, chronic lung disease, skeletal fractures, and liver disease.</p>

Reference: <https://www.cdc.gov/violenceprevention/acestudy/journal.html>
Reference: <http://www.ajpmonline.org/article/S0749-3797%2898%2900017-8/abstract>