Pt. Name:_____

Clinic #:_____ Practitioner: _____

Gunderson Lutheran
La Crosse, WI 54601

LUS QHIA UA:
NRA QAB NO YOG IB CO LUS UAS TIB NEEG NIAJZAUS MUAJ. THOV KOJ NYEEM IB KAB LUS ZUJ ZUS ES XAV SAIB COV LUS NTAWD HAIS RAUG KOJ TUS KHEEJ NPAUM LI CAS NYOB RAU LUB LIM TIAM TAS LOS. CES KOJ MAM KHIJ RAU KEM UAS MUAJ NTAU, MUAJ ME NTSIS, MUAJ ME ME, LOS YOG TSIS MUAJ LI UAS NYOB RAU SAB XI NTAWM DAIM NTAWV NO.

The following are symptoms that people may have. Please read each phrase carefully and see which ones are closest to how you have been feeling in the past week. Then mark in the box to show if your feeling is extreme, quite a bit, a little, or not at all.

| | not at all | a little | quite a bit | extreme |
|---|---|---|---|---|
| | TSIS MUAJ LI | MUAJ ME ME | MUAJ ME NTSIS | MUAJ NTAU HEEV |
| 1. MLOOG ZOO LI TSIS MUAJ ZOG<br>Feeling low in energy, slowed down | | | | |
| 2. PHEEJ LIAM TIAS YOG TIM YUS<br>Blaming yourself for things | | | | |
| 3. QUAJ YOOJ YIM HEEV<br>Crying easily | | | | |
| 4. TSIS XAV NROG POJ NIAM (TXIV NEEJ) PU<br>Loss of sexual interest or pleasure | | | | |
| 5. TSIS QAB LOS NOJ MOV<br>Poor appetite | | | | |
| 6. TSAUG TSIS TAU ZOG LI<br>Difficulty falling asleep, staying asleep | | | | |
| 7. TSIS MUAJ KEV VAM RAU YAV TOM NTEJ<br>Feeling hopeless about the future | | | | |
| 8. NTXHOV SIAB HEEV<br>Feeling blue | | | | |
| 9. KHO SIAB<br>Feeling lonely | | | | |
| 10 XAV TXOG TXOJ KEV TXO TXOJ SIA<br>Thoughts of ending your life | | | | |
| 11. ZOO LI LUB NEEJ TWS KEV<br>Feeling of being trapped or caught | | | | |
| 12. TXHAWJ TXOG NTAU NTAU YAM<br>Worrying too much about things | | | | |
| 13. TSIS MAUJ SIAB RAU IB YAM DAB TSI LI<br>Feeling no interest in things | | | | |
| 14. MAUJ QHOV MOB SIAB RAU TXHUA YAM<br>Feeling everything is an effort | | | | |
| 15. ZOO LI TSIS MUAJ NUJ NQIS<br>Feelings of worthlessness | | | | |