

BRFSS - Anxiety & Depression Optional Module PDF

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This optional module was administered in 2006 and 2008.

- 2006 (Administered in the following states: Alabama, Alaska, Arkansas, California, Connecticut, Delaware, District of Columbia, Florida, Georgia, Hawaii, Indiana, Iowa, Louisiana, Maine, Michigan, Minnesota, Mississippi, Missouri, Montana, Nebraska, Nevada, New Hampshire, New Mexico, North Dakota, Oklahoma, Oregon, Puerto Rico, Rhode Island, South Carolina, Tennessee, Texas, Utah, Vermont, Virgin Islands, Virginia, Washington, West Virginia, Wisconsin, Wyoming)
- 2008 (Administered in the following states: Arizona, Hawaii, Idaho, Illinois, Louisiana, Mississippi, North Dakota, Vermont)
- Access to data: [2006](#), [2008](#)

Questions:

Over the last 2 weeks, how many days have you...

1. Had little interest or pleasure in doing things?
2. Felt down, depressed or hopeless?
3. Had trouble falling asleep or staying asleep or sleeping too much?
4. Felt tired or had little energy?
5. Had a poor appetite or eaten too much?
6. Felt bad about yourself or that you were a failure or had let yourself or your family down?
7. Had trouble concentrating on things, such as reading the newspaper or watching the TV?
8. 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?
9. Has a doctor or other healthcare provider EVER told you that you had an anxiety disorder (including acute stress disorder, anxiety, generalized anxiety disorder, obsessive-compulsive disorder, panic disorder, phobia, posttraumatic stress disorder, or social anxiety disorder)?
10. Has a doctor or other healthcare provider EVER told you that you have a depressive disorder (including depression, major depression, dysthymia, or minor depression)?