## Behavioral Health Screening Tool

**Patient Name:**  
**Date of Visit:**

Over the last 2 weeks, how often have you been bothered by the following problems?

<table>
<thead>
<tr>
<th></th>
<th>No Days</th>
<th>Several Days</th>
<th>7 or more 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 stop or control worrying</td>
<td>0</td>
<td>1</td>
<td>2</td>
<td>3</td>
</tr>
<tr>
<td>3. Little interest or pleasure in doing things</td>
<td>0</td>
<td>1</td>
<td>2</td>
<td>3</td>
</tr>
<tr>
<td>4. Feeling down, depressed, or hopeless</td>
<td>0</td>
<td>1</td>
<td>2</td>
<td>3</td>
</tr>
</tbody>
</table>

**5. In the past year, have you had:**
- (men) 5 or more alcohol drinks in one day?  
- (women) 4 or more alcohol drinks in one day?

This assessment is not intended to be a diagnosis. If you are concerned about your results in any way, please speak with a qualified health professional.

For referral to treatment, please contact Beacon Health Strategies at **1-877-344-2858**.
The Generalized Anxiety Disorder (GAD-2) inquires about the frequency of anxiety over the past two weeks.

- Total score ranges from 0 to 6 points.
- If the total score is 2 or less, screen yearly.
- If the total score is 3 or more, see below.

The Patient Health Questionnaire (PHQ-2) inquires about the frequency of depressed mood and anhedonia over the past two weeks.

- Total score ranges from 0 to 6 points.
- If the total score is 2 or less, screen yearly.
- If the total score is 3 or more, see below.

This alcohol screening question in the SHA (Staying Healthy Assessment) is based on the US Preventive Services Task Force recommendation.

- If the answer is no, repeat annually or when clinically indicated.
- If the answer is yes, offer an expanded screening questionnaire (such as the AUDIT or AUDIT-C) and if indicated, provide brief intervention or refer to treatment based on scores.

If any of the above (GAD-2, PHQ-2, SHA) are positive, please consider:

- Further evaluation (GAD-7, PHQ-9, full AUDIT or AUDIT-C)
- Brief interventions
- Refer for treatment

*For children 16 and under, if GAD-2 or PHQ-2 is positive, please use the Pediatric Symptom Check List.

All necessary screening forms are available on L.A. Care provider website or scan the code to visit: http://www.lacare.org/providers/behavioral-health/forms-and-toolkits.