



Assessment Report

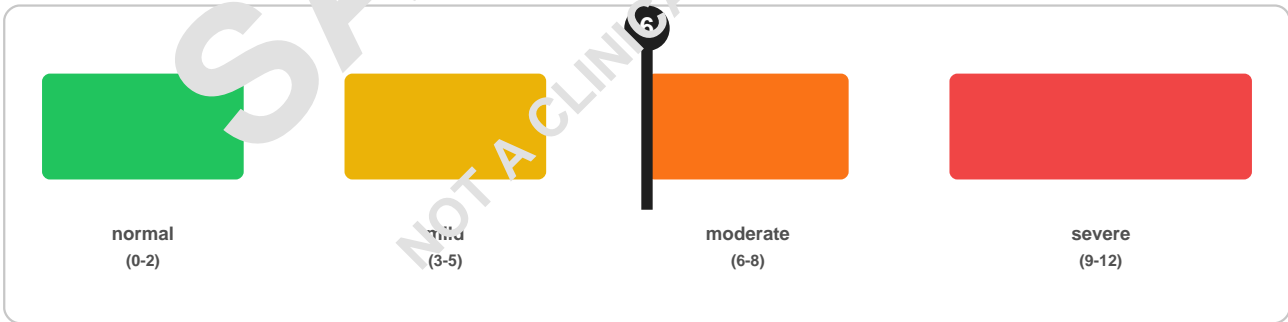
Practice: Mindful Psychology
 Practitioner: Dr Sarah Johnson
 Client: Alex Carter
 Date: 26/04/2026

EXAMPLE REPORT — Prepared by a practitioner inside Grounded Scribe. Fictional data; not a clinical result.

PHQ-4 — Patient Health Questionnaire-4

A 4-item ultra-brief combined screener for depression and anxiety (combines PHQ-2 + GAD-2)

RESULTS



INTERPRETATION

Current score: 6, moderate, as per the PHQ-4 author/publisher guidelines.

ABOUT THIS ASSESSMENT

Clinical Purpose

The PHQ-4 is a 4-item ultra-brief screening tool combining the PHQ-2 (depression) and GAD-2 (anxiety) to provide a composite measure of core depression and anxiety symptoms. It serves as an efficient first-stage screener for the two most prevalent mental health conditions in primary care.

Origins & Development

Developed by Kroenke, Spitzer, Williams, and Lowe, published in 2009. Combines the PHQ-2 and GAD-2 into a single instrument. Validated in a general population sample of 2,149 adults with demonstrated construct validity and ability to predict health care utilisation, disability days, and treatment-seeking. A total score of 6 or above indicates moderate distress.

Australian Context

Increasingly used in Australian primary care as a rapid mental health screen. Its dual assessment of depression and anxiety aligns with the high comorbidity of these conditions in Australian populations (estimated 50-60% overlap). Suited for integration into Medicare Health Assessment items (item 701, 703, 705) as a validated screening component.

Subscales

Anxiety: Two items assessing frequency of feeling nervous/anxious and uncontrollable worry (derived from GAD-2).

Depression: Two items assessing frequency of depressed mood and loss of interest/pleasure (derived from PHQ-2).

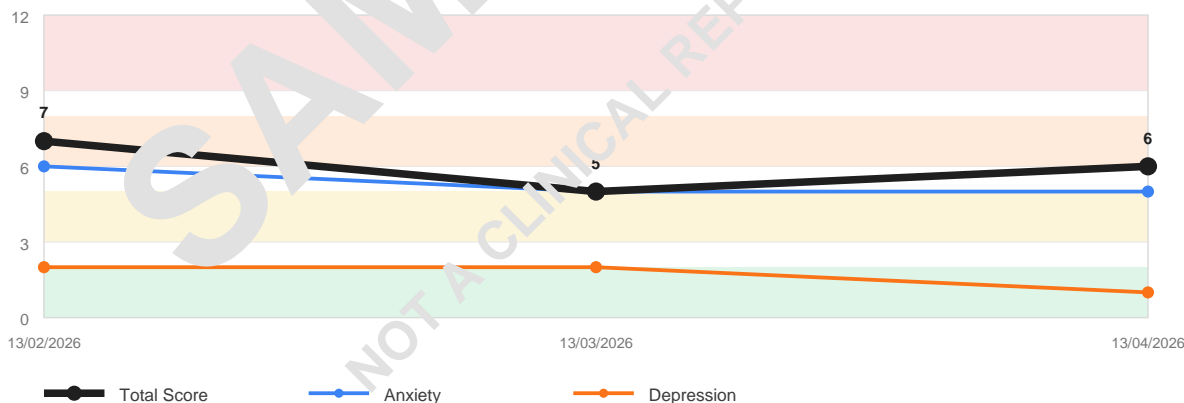


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SCORE HISTORY

Date	Score	Severity
13/02/2026	7	moderate
13/03/2026	5	mild
13/04/2026	6	moderate

SCORE TRAJECTORY



ANXIETY SUBSCALE — Score: 5

Score Range	Severity
0-2	normal
3-6	positive screen

#	Statement	Not at all	Several days	More than half the days	Nearly every day
1	Feeling nervous, anxious, or on edge	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input checked="" type="radio"/>
2	Not being able to stop or control worrying	<input type="radio"/>	<input type="radio"/>	<input checked="" type="radio"/>	<input type="radio"/>

DEPRESSION SUBSCALE — Score: 1

Score Range	Severity
0-2	normal
3-6	positive screen



Assessment Report — Response Details

#	Statement	Not at all	Several days	More than half the days	Nearly every day
1	Little interest or pleasure in doing things	<input checked="" type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
2	Feeling down, depressed, or hopeless	<input type="radio"/>	<input checked="" type="radio"/>	<input type="radio"/>	<input type="radio"/>

Grounded Scribe Platform
 Item-level response details, score tracking, and time-to-PCI analysis, and outcome reports are available when assessments are administered through the platform.

REFERENCES

1. Kroenke K, Spitzer RL, Williams JB, et al. An ultra-brief screening scale for anxiety and depression: the PHQ-4. Psychosomatics. 2009;50(6):613-621.
2. Lowe B, Wahl I, Rose M, et al. A 4-item measure of depression and anxiety: validation and standardization of the Patient Health Questionnaire-4 (PHQ-4) in the general population. J Affect Disord. 2010;122(1-2):86-95.

ACKNOWLEDGEMENT & LICENSING

Public domain. Combines PHQ-2 and GAD-2. No permission required.

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