

## Psychological wellbeing

This questionnaire is designed to check for signs of anxiety and depression. Answering the questions honestly can be a helpful first step in starting a conversation about your psychological wellbeing and helps your healthcare team understand how to best support your needs at this time.

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

Please select one answer for each question.

	Not at all	Several days	More than half the days	Nearly every day
Feeling nervous, anxious or on edge	<input type="checkbox"/> 0	<input type="checkbox"/> 1	<input type="checkbox"/> 2	<input type="checkbox"/> 3
Not being able to stop or control worrying	<input type="checkbox"/> 0	<input type="checkbox"/> 1	<input type="checkbox"/> 2	<input type="checkbox"/> 3
Feeling down, depressed or hopeless	<input type="checkbox"/> 0	<input type="checkbox"/> 1	<input type="checkbox"/> 2	<input type="checkbox"/> 3
Little interest or pleasure in doing things	<input type="checkbox"/> 0	<input type="checkbox"/> 1	<input type="checkbox"/> 2	<input type="checkbox"/> 3

**Additive score** (for healthcare professional use)

**Thank you for completing the psychological wellbeing questionnaire. Your next steps:**

Please share this form with your healthcare professional. They will use your answers to work out a score and use it to guide the next steps.

Visit the national prehabilitation website at <https://www.prehab.nhs.scot/> or scan the QR code below to access.



Attend a universal prehabilitation workshop at your local Maggie's Centre <https://www.maggies.org/cancer-information/cancer-treatment/prehabilitation-getting-ready-treatment/> or equivalent local organisation.

Your medical team may ask you to repeat this questionnaire in the future to see if there has been a change in your psychological wellbeing. If you notice a change in your psychological wellbeing or general health after completing the questionnaire please contact your medical team for advice.