



**Our Lady of Lourdes
Physician Group**

Pediatrics at WCC
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EVALUATION PROCESS FOR ANXIETY / DEPRESSION

Hi there!

I hope this letter finds you and your family feeling well. Thanks for reaching out about getting an evaluation for your child, especially if you're concerned about anxiety and/or depression.

To get a complete and accurate picture, we use several tools including the GAD-7 (Generalized Anxiety Disorder), PHQ-9 (Patient Health Questionnaire), and SCARED (Screen for Child Anxiety Related Disorders) forms. These forms are designed to help us understand how your child is feeling and identify any challenges related to anxiety or depression they might be facing. You'll find both child and parent versions of these forms enclosed with this letter.

The child versions of the GAD-7, PHQ-9, and SCARED are for your child to fill out. Their honest answers are crucial for us to understand their emotional state. The parent version of the SCARED is for you to share your observations about your child's emotional well-being at home.

We ask that you help your child complete their forms and fill out the parent versions yourself. Please bring these completed forms with you to your next visit, and try to arrive about 15 minutes early so we have enough time to go through them properly.

We understand that this process might bring up various emotions and questions, so please don't hesitate to call us at 337-470-3860 if you need any more information or support.

Thanks for choosing us to help with this important aspect of your child's emotional health. We're looking forward to working closely with you to ensure the best possible outcome for your child.

Yours in Health,

Joshua LeJeune, FNP
Nurse Practitioner
Lourdes Physician Group – Pediatrics at WCC

CHILD'S FORM

Screen for Child Anxiety Related Disorders (SCARED)

Child Version - Page 1 of 2 (To be filled out by the CHILD)

Name: _____ Date: _____

Directions:

Below is a list of sentences that describe how people feel. Read each phrase and decide if it is "Not True or Hardly Ever True" or "Somewhat True or Sometimes True" or "Very True or Often True" for you. Then for each sentence, fill in one circle that corresponds to the response that seems to describe you for the last 3 months.

		0 Not True or Hardly Ever True	1 Somewhat True or Sometimes True	2 Very True or Often True
1.	When I feel frightened, it is hard for me to breathe	☐	☐	☐
2.	I get headaches when I am at school	☐	☐	☐
3.	I don't like to be with people I don't know well	☐	☐	☐
4.	I get scared if I sleep away from home	☐	☐	☐
5.	I worry about other people liking me	☐	☐	☐
6.	When I get frightened, I feel like passing out	☐	☐	☐
7.	I am nervous	☐	☐	☐
8.	I follow my mother or father wherever they go	☐	☐	☐
9.	People tell me that I look nervous	☐	☐	☐
10.	I feel nervous with people I don't know well	☐	☐	☐
11.	My I get stomachaches at school	☐	☐	☐
12.	When I get frightened, I feel like I am going crazy	☐	☐	☐
13.	I worry about sleeping alone	☐	☐	☐
14.	I worry about being as good as other kids	☐	☐	☐
15.	When I get frightened, I feel like things are not real	☐	☐	☐
16.	I have nightmares about something bad happening to my parents	☐	☐	☐
17.	I worry about going to school	☐	☐	☐
18.	When I get frightened, my heart beats fast	☐	☐	☐
19.	I get shaky	☐	☐	☐
20.	I have nightmares about something bad happening to me	☐	☐	☐

CHILD'S FORM

Screen for Child Anxiety Related Disorders (SCARED)

Child Version - Page 2 of 2 (To be filled out by the CHILD)

		0 Not True or Hardly Ever True	1 Somewhat True or Sometimes True	2 Very True or Often True
21.	I worry about things working out for me	☐	☐	☐
22.	When I get frightened, I sweat a lot	☐	☐	☐
23.	I am a worrier	☐	☐	☐
24.	I get really frightened for no reason at all	☐	☐	☐
25.	I am afraid to be alone in the house	☐	☐	☐
26.	It is hard for me to talk with people I don't know well	☐	☐	☐
27.	When I get frightened, I feel like I am choking	☐	☐	☐
28.	People tell me that I worry too much	☐	☐	☐
29.	I don't like to be away from my family	☐	☐	☐
30.	I am afraid of having anxiety (or panic) attacks	☐	☐	☐
31.	I worry that something bad might happen to my parents	☐	☐	☐
32.	I feel shy with people I don't know well	☐	☐	☐
33.	I worry about what is going to happen in the future	☐	☐	☐
34.	When I get frightened, I feel like throwing up	☐	☐	☐
35.	I worry about how well I do things	☐	☐	☐
36.	I am scared to go to school	☐	☐	☐
37.	I worry about things that have already happened	☐	☐	☐
38.	When I get frightened, I feel dizzy	☐	☐	☐
39.	I feel nervous when I am with other children or adults and I have to do something while they watch me (for example: read aloud, speak, play a game, play a sport)	☐	☐	☐
40.	I feel nervous when I am going to parties, dances, or any place where there will be people that I don't know well	☐	☐	☐
41.	I am shy	☐	☐	☐

CHILD'S FORM

Patient Health Questionnaire and General Anxiety Disorder (PHQ-9 and GAD-7)

Date _____ Patient Name: _____ Date of Birth: _____

Over the last 2 weeks, how often have you been bothered by any of the following problems?
Please circle your answers.

PHQ-9	Not at all	Several days	More than half the days	Nearly every day
1. Little interest or pleasure in doing things.	0	1	2	3
2. Feeling down, depressed, or hopeless.	0	1	2	3
3. Trouble falling or staying asleep, or sleeping too much.	0	1	2	3
4. Feeling tired or having little energy.	0	1	2	3
5. Poor appetite or overeating.	0	1	2	3
6. Feeling bad about yourself – or that you are a failure or have let yourself or your family down.	0	1	2	3
7. Trouble concentrating on things, such as reading the newspaper or watching television.	0	1	2	3
8. Moving or speaking so slowly that other people could have noticed. Or the opposite – being so fidgety or restless that you have been moving around a lot more than usual.	0	1	2	3
9. Thoughts that you would be better off dead, or of hurting yourself in some way.	0	1	2	3
Add the score for each column				

Total Score (add your column scores): _____

If you checked off any problems, how difficult have these made it for you to do your work, take care of things at home, or get along with other people? (Circle one)

Not difficult at all

Somewhat difficult

Very Difficult

Extremely Difficult

Over the last 2 weeks, how often have you been bothered by any of the following problems?
Please circle your answers.

GAD-7	Not at all sure	Several days	Over half the days	Nearly every day
1. Feeling nervous, anxious, or on edge.	0	1	2	3
2. Not being able to stop or control worrying.	0	1	2	3
3. Worrying too much about different things.	0	1	2	3
4. Trouble relaxing.	0	1	2	3
5. Being so restless that it's hard to sit still.	0	1	2	3
6. Becoming easily annoyed or irritable.	0	1	2	3
7. Feeling afraid as if something awful might happen.	0	1	2	3
Add the score for each column				

Total Score (add your column scores): _____

If you checked off any problems, how difficult have these made it for you to do your work, take care of things at home, or get along with other people? (Circle one)

Not difficult at all

Somewhat difficult

Very Difficult

Extremely Difficult

PARENT'S FORM

Screen for Child Anxiety Related Disorders (SCARED)

Parent Version - Page 1 of 2 (To be filled out by the PARENT)

Name: _____ **Date:** _____

Directions:

Below is a list of statements that describe how people feel. Read each statement carefully and decide if it is "Not True or Hardly Ever True" or "Somewhat True or Sometimes True" or "Very True or Often True" for your child. Then for each statement, fill in one circle that corresponds to the response that seems to describe your child for the last 3 months. Please respond to all statements as well as you can, even if some do not seem to concern your child.

		0 Not True or Hardly Ever True	1 Somewhat True or Sometimes True	2 Very True or Often True
1.	When my child feels frightened, it is hard for him/her to breathe	☐	☐	☐
2.	My child gets headaches when he/she is at school	☐	☐	☐
3.	My child doesn't like to be with people he/she doesn't know well	☐	☐	☐
4.	My child gets scared if he/she sleeps away from home	☐	☐	☐
5.	My child worries about other people liking him/her	☐	☐	☐
6.	When my child gets frightened, he/she feels like passing out	☐	☐	☐
7.	My child is nervous	☐	☐	☐
8.	My child follows me wherever I go	☐	☐	☐
9.	People tell me that my child looks nervous	☐	☐	☐
10.	My child feels nervous with people he/she doesn't know well	☐	☐	☐
11.	My child gets stomachaches at school	☐	☐	☐
12.	When my child gets frightened, he/she feels like he/she is going crazy	☐	☐	☐
13.	My child worries about sleeping alone	☐	☐	☐
14.	My child worries about being as good as other kids	☐	☐	☐
15.	When he/she gets frightened, he/she feels like things are not real	☐	☐	☐
16.	My child has nightmares about something bad happening to his/her parents	☐	☐	☐
17.	My child worries about going to school	☐	☐	☐
18.	When my child gets frightened, his/her heart beats fast	☐	☐	☐
19.	He/she gets shaky	☐	☐	☐
20.	My child has nightmares about something bad happening to him/her	☐	☐	☐

PARENT'S FORM

Screen for Child Anxiety Related Disorders (SCARED)

Parent Version - Page 2 of 2 (To be filled out by the PARENT)

		0 Not True or Hardly Ever True	1 Somewhat True or Sometimes True	2 Very True or Often True
21.	My child worries about things working out for him/her	☐	☐	☐
22.	When my child gets frightened, he/she sweats a lot	☐	☐	☐
23.	My child is a worrier	☐	☐	☐
24.	My child gets really frightened for no reason at all	☐	☐	☐
25.	My child is afraid to be alone in the house	☐	☐	☐
26.	It is hard for my child to talk with people he/she doesn't know well	☐	☐	☐
27.	When my child gets frightened, he/she feels like he/she is choking	☐	☐	☐
28.	People tell me that my child worries too much	☐	☐	☐
29.	My child doesn't like to be away from his/her family	☐	☐	☐
30.	My child is afraid of having anxiety (or panic) attacks	☐	☐	☐
31.	My child worries that something bad might happen to his/her parents	☐	☐	☐
32.	My child feels shy with people he/she doesn't know well	☐	☐	☐
33.	My child worries about what is going to happen in the future	☐	☐	☐
34.	When my child gets frightened, he/she feels like throwing up	☐	☐	☐
35.	My child worries about how well he/she does things	☐	☐	☐
36.	My child is scared to go to school	☐	☐	☐
37.	My child worries about things that have already happened	☐	☐	☐
38.	When my child gets frightened, he/she feels dizzy	☐	☐	☐
39.	My child feels nervous when he/she is with other children or adults and he/she has to do something while they watch him/her (for example: read aloud, speak, play a game, play a sport)	☐	☐	☐
40.	My child feels nervous when he/she is going to parties, dances, or any place where there will be people that he/she doesn't know well	☐	☐	☐
41.	My child is shy	☐	☐	☐