

# AOQ 1.4 Chinese

姓名 Name \_\_\_\_\_

凱薩號碼 Kaiser # \_\_\_\_\_

日期 Date \_\_\_\_\_

PHQ-9 在過去兩個星期中，您有否經常受以下問題困擾？(每行只圈選一個號碼) Over the last two weeks, how often have you been bothered by any of the following problems? (Circle only one number per line)		完全沒有 Not at all	幾天 Several Days	過半數日子 More than half the days	幾乎每天 Nearly every day
1.	做事缺乏興趣或樂趣 Little interest or pleasure in doing things	0	1	2	3
2.	感覺低落，沮喪，或絕望 Feeling down depressed or hopeless	0	1	2	3
3.	難以入睡或熟睡，或睡得太多 Trouble falling or staying asleep, or sleeping too much	0	1	2	3
4.	感覺疲倦或精力不足 Feeling tired or having little energy	0	1	2	3
5.	食慾不振或過度飲食 Poor appetite or overeating	0	1	2	3
6.	感覺自己非常差勁---或感覺自己是個失敗者或令自己或家人失望 Feeling bad about yourself – or that you are a failure or have let yourself or your family down	0	1	2	3
7.	難以集中精神，例如閱報或看電視 Trouble concentrating on things, such as reading the newspaper or watching television	0	1	2	3
8.	連別人也察覺到您的動作或說話緩慢；或相反---心緒不寧或坐立不安而比平時更多的走動 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.	有尋死的念頭或有某程度自殘的想法 Thoughts that you would be better off dead, or of hurting yourself in some way	0	1	2	3

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將直行圈選的數字加起，然後總和：

Add the circled numbers in each column, then add the sums:

$$0 + \boxed{\phantom{0}} + \boxed{\phantom{0}} + \boxed{\phantom{0}} = \boxed{\phantom{000}} \text{ A}$$

10.	緊張，焦慮或驚弓之鳥的感覺 Feeling nervous, anxious or on edge	0	1	2	3
11.	不能夠停止或控制擔憂 Not being able to stop or control worrying	0	1	2	3
12.	在工作或其它日常活動上有一事無成的感覺 Feeling unproductive at work or other daily activities	0	1	2	3
13.	難以專注來達到您的目標 Having trouble focusing on achieving your goals	0	1	2	3

將直行圈選的數字加起，然後總和：

Add the circled numbers in each column, then add the sums:

$$0 + \boxed{\phantom{0}} + \boxed{\phantom{0}} + \boxed{\phantom{0}} = \boxed{\phantom{000}} \text{ B}$$

$$\text{總和 TOTAL (A + B) = } \boxed{\phantom{000}}$$

如您曾到訪精神健康部，就最近的約診圈選號碼能最佳反映您的感覺 If you have had a visit in the Mental Health Department, circle the number that BEST matches your feelings about your most recent visit		只是少許或 完全沒有 Only a little or not at all	有些時候 Sometimes	很多時候 Quite a bit	完全 Totally
1.	在約見中，我們是討論對我最重要的事情。 In the session, we discuss the things that are most important to me.	0	1	2	3
2.	我感覺受我醫療人員的理解及尊重。 I feel understood and respected by my clinician.	0	1	2	3
3.	我明白並同意我的治療計劃。 I understand and agree with my treatment plan.	0	1	2	3

$$\text{Goodness of Fit score: } 0 + \boxed{\phantom{0}} + \boxed{\phantom{0}} + \boxed{\phantom{0}} = \boxed{\phantom{000}} \text{ F}$$