



# Home Monitoring for Early Detection of Chronic Disease Exacerbation.

OMB No. 2900-0770

Estimated Burden: ~~2.08 minutes~~ 

Expiration Date: 9/30/2020

**The Paperwork Reduction Act of 1995:** This information is collected in accordance with section 3507 of the Paperwork Reduction Act of 1995. Accordingly, we may not conduct or sponsor and you are not required to respond to, a collection of information unless it displays a valid OMB number. We anticipate that the time expended by all individuals who complete this survey will average ~~2.08 minutes~~. This includes the time it will take to follow instructions, gather the necessary facts and respond to questions asked. Customer satisfaction is used to gauge customer perceptions of VA services as well as customer expectations and desires. The results of this telephone/mail survey will lead to improvements in the quality of service delivery by helping to achieve improved services. Participation in this survey is voluntary and failure to respond will have no impact on benefits to which you may be entitled.

**PATIENT HEALTH QUESTIONNAIRE 8 (PHQ-8)**

<b>Over the <u>last 2 weeks</u>, how often have you been bothered by any of the following problems?</b>	<b>Not at all</b>	<b>Several days</b>	<b>More than half the days</b>	<b>Nearly every day</b>
<b>1. Little interest or pleasure in doing things</b>	0	1	2	3
<b>2. Feeling down, depressed, or hopeless</b>	0	1	2	3
<b>3. Trouble falling or staying asleep, or sleeping too much</b>	0	1	2	3
<b>4. Feeling tired or having little energy</b>	0	1	2	3
<b>5. Poor appetite or overeating</b>	0	1	2	3
<b>6. Feeling bad about yourself — or that you are a failure or have let yourself or your family down</b>	0	1	2	3
<b>7. Trouble concentrating on things, such as reading the newspaper or watching television</b>	0	1	2	3
<b>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</b>	0	1	2	3

**Total=\_\_\_\_\_**