



What is the GAD-2 / PHQ-2 screening?

The GAD-2 (Generalized Anxiety Disorder-2) and PHQ-2 (Patient Health Questionnaire-2) are ultra-brief screening tools for anxiety and depression in primary care.

Interpreting Scores

GAD-2 $\geq$ 3
(POSITIVE FOR ANXIETY)



A score of 3 or higher suggests a positive screen for possible generalized anxiety disorder. Refer directly to behavioral health or counseling.

PHQ-2 $\geq$ 3
(POSITIVE FOR DEPRESSION)



A score of 3 or higher indicates a positive screen for possible major depressive disorder. Consider a safety assessment if there are concerns about suicidal ideation.

In-the-Moment Mindfulness & Stress Relief

- **5-4-3-2-1 Grounding:** Name 5 things you see, 4 you feel, 3 you hear, 2 you smell, 1 you taste.
- **Box Breathing:** Inhale 4 → hold 4 → exhale 4 → hold 4.
- **Mindful Breathing:** Focus on the breath for 1–3 minutes.

When to Refer

- **Persistent symptoms:** Moderate-to-severe anxiety, low mood, or ongoing impairment.
- **Complex cases:** Patients with chronic illness, chronic pain, or cancer.
- **Patient preference:** Expresses interest in counseling or specialized support.



For referrals or staff support, call (239) 837-8879 or visit capeclarity.com.
We partner with primary care teams to care for the whole person.