

The M5 One-Minute Screener: A Self-Administered Depression / Anxiety Scale for Adults

Name: _____

Today's Date: _____

Background. The M5 is a brief self-assessment of current mood functioning. It is intended for adults, ages 18 and older. This screener is designed to be completed in less than one minute and can be used by adults at home or in any setting. It is effective as a screening tool for depressive or anxiety symptoms that may interfere with everyday functioning, but it should not be used to make a diagnosis of clinical depression or anxiety disorder. Instead, it can indicate when a formal mood assessment is needed. The M5 can be completed by the patient or knowledgeable caregiver or family member. *The M5 does not ask questions about self-harm.* If you have thoughts of hurting yourself, hurting others, or destroying property, you should immediately seek professional help. If you have a persistent belief that you would be better off not alive, you should seek professional help.

Instructions: Think about how you have been feeling during the past month as you answer the following five questions.

Please answer, NO, SOMEWHAT, or YES.

Simply indicate the appropriate numeric response in the blank to the right and then total your score. **If you have a total score of 3 or higher, a formal mood assessment may be indicated.**

POINTS

1. Have you lost interest in activities that you had found pleasurable?	0 = No	1 = Somewhat	2 = Yes	_____
2. Do you worry about things more than usual?	0 = No	1 = Somewhat	2 = Yes	_____
3. For at least two consecutive days, have you felt depressed, hopeless, or down?	0 = No	1 = Somewhat	2 = Yes	_____
4. Are you feeling nervous, anxious, or "wound up" much of the time?	0 = No	1 = Somewhat	2 = Yes	_____
5. Are you experiencing fatigue, headaches, stomach upset, or memory problems?	0 = No	1 = Somewhat	2 = Yes	_____

Total Score: _____ / 10

For more information about mood or cognitive functioning, email us at:
resourcecenter@counterpointhealthservices.com.