

NHS Depression & Anxiety Self-Assessment

The NHS is the national health service of the UK. This questionnaire is a self-assessment tool for people who believe they may need to see a doctor about possible mental health issues.

Being a national institution, it is fair to say that I imagined this questionnaire would be well-designed, easy-to-follow, and error free.

Design and format

The questionnaire is online, and presented in a one question per page format. The questions are closed questions with multiple choice answers.

Positives

- The questions are easy to read as there is plenty of space on each page, and the answers are set out in the same order on each question, to avoid confusion.
- There are numbers at the top of each question e.g. 3 of 18. This is good as it lets the user know how long approximately they have to continue in order to finish the questionnaire and will probably reduce the number of non-finishers.
- There is a glossary hyperlink on questions where the subject may need clarification.

Problems

- You must answer each question before proceeding to the next. This is problematic as it forces the respondent to choose an answer to each question - there is no option to skip a question. This could lead to respondents answering untruthfully to questions in which they are unsure of the answer, just clicking any answer in order to proceed.
- After 16 questions in the same format, with answers restricted to one of four options, question 17 follows a completely different format allowing respondents to click multiple answers, but it does not tell the respondent that this is possible.

If you're 16 or over, this depression and anxiety self-assessment quiz can help you better understand how you've been feeling recently.

With each question, think about how you've been feeling over the last 2 weeks.

Mood self-assessment

Question 17 of 18

Have you been bothered by worrying about any of the following?

- Your health
- Your weight or how you look
- Little or no sexual desire or pleasure during sex
- Difficulties with your partner
- The stress of taking care of family members
- Stress at work, school or outside home
- By financial problems or worries
- Having no one to turn to
- Something bad that happened recently
- None of the above

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Content

The questions are of a personal nature, but the answers are not intended to be shared, only used to provide some guidance on whether the respondent should seek medical advice.

Positives

- Questions are generally short, and the same four options of frequency are given.
- The language used in the questions is simple and clear, with no obscure medical terms used.

Problems

- Some of the questions seem to ask two questions in one. e.g. "If this questionnaire has highlighted any problems, how difficult have these problems made it for you to do your work, take care of things at home, or get along with other people?" Here the respondent is being asked to consider three different situations, but only give one answer, which may be confusing.

References

NHS (N.D.) Depression and anxiety self-assessment quiz. Available from: <https://www.nhs.uk/mental-health/self-help/guides-tools-and-activities/depression-anxiety-self-assessment-quiz/> [Accessed 20 May 2022].