



Wellbeing Service brief screening tool

We would be grateful if you could complete the following six questions. Your responses could indicate that you may be struggling with difficulties commonly experienced by people living with a diagnosis of diabetes. If this is the case, your surgery is now able to provide free, additional support through the Hertfordshire NHS Wellbeing service.

Your nurse or GP will be able to provide you with further information about this option.

Over the *last 2 weeks*, how often have you been bothered by the following problems?

	Not at all	Several Days	More than half the days	Nearly everyday
Feeling nervous, anxious, or on edge	0	1	2	3
Not being able to stop or control worrying	0	1	2	3

During the *past month*, have you been bothered by the following problems?

	Yes	No
Feeling down, depressed or hopeless		
Little interest or pleasure in doing things		

Do you find that you are *generally* affected by the following?

	Yes	No
Do you find yourself avoiding social situations or activities?		
Are you fearful or embarrassed in social situations?		

Thank you for taking the time to complete this