

# Caregiver assessment tools

**B**ecause a patient's atopic dermatitis may also have a profound effect on parental caregivers, clinicians should seek to make an assessment of parental emotional and psychosocial well-being, and offer

patient educational materials to help bring awareness to the issue. Caregivers may be chronically sleep-deprived, exhausted or depressed and, therefore, less equipped to implement time-consuming treatment reg-

imens, regulate their child's behavior, and help the child cope with his or her illness. Experts suggest several tools clinicians can use to screen caregivers for sleep disturbance, fatigue and emotional health.

## The Pittsburgh Sleep Quality Index<sup>1</sup>

**A VALIDATED** tool to measure adult quality and patterns of sleep, the 9-question self-rate tool helps a clinician assess a patient who is sleeping poorly. On a 0-3 scale, where 3 reflects a negative extreme, patients respond to questions about their sleep patterns in seven domains: A total sum of 5 or more on the tallied responses would indicate a poor sleeper.

1. How long (in minutes) has it taken you to fall asleep each night?	NOT DURING THE PAST MONTH (0)	LESS THAN ONCE A WEEK (1)	ONCE OR TWICE A WEEK (2)	MORE THAN TWICE A WEEK (3)
2. How many hours of actual sleep do you get at night? (This may be different than the number of hours you spend in bed.)				
3. During the past month, how often have you had trouble sleeping because you...				
a. Cannot get to sleep within 30 minutes				
b. Have to get up to use the bathroom				
c. Other reason(s), please describe, including how often you have had trouble sleeping because of this reason(s):				
4. During the past month, how would you rate your sleep quality overall?	VERY GOOD (0)	FAIRLY GOOD (1)	FAIRLY BAD (2)	VERY BAD (3)

Download at:  
<http://bit.ly/sleepqualityindex>

## The Patient Health Questionnaire-9 (PHQ-9)<sup>2,3</sup>

**A SELF-ADMINISTERED** diagnostic assessment for common mental disorders, the PHQ-9 is the 9-item depression module taken from the full PHQ. A diagnosis of depression is made if 5 or more of the 9 depressive symptom criteria have been present "more than half the days" in the past 2 weeks..

Over the last 2 weeks have you been bothered by any of the following problems?	NOT AT ALL = 0	SEVERAL DAYS = 1	MORE THAN HALF THE DAYS = 2	ALMOST ALL DAYS = 3
a. Feeling down, depressed or hopeless				
b. Trouble falling asleep, staying asleep or sleeping too much				
c. Feeling bad about yourself – or that you are a failure or have let yourself or your family down				
If you checked off 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? <input type="checkbox"/> Not difficult at all   <input type="checkbox"/> Somewhat difficult   <input type="checkbox"/> Very difficult   <input type="checkbox"/> Extremely difficult				

Download at:  
<http://bit.ly/patienthealthquestionnaire9>

## Generalized Anxiety Disorder 7-item scale<sup>4</sup>

**GENERAL** anxiety disorder is commonly seen in medical practice and is one of the most common anxiety disorders in the general population. This 7-item scale is used to identify probable cases of anxiety disorder and severity.

Over the last 2 weeks have you been bothered by any of the following problems?	NOT AT ALL = 0	SEVERAL DAYS = 1	MORE THAN HALF THE DAYS = 2	ALMOST ALL DAYS = 3
a. Feeling nervous, anxious or on edge				
b. Not being able to stop or control worrying				
c. Feeling afraid as if something awful might happen				
If you checked off 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? <input type="checkbox"/> Not difficult at all   <input type="checkbox"/> Somewhat difficult   <input type="checkbox"/> Very difficult   <input type="checkbox"/> Extremely difficult				

Download at:  
<http://bit.ly/anxietydisorderscale>

### SOURCES:

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2. Spitzer RL, Kroenke K, Williams JB. Validation and utility of a self-report version of PRIME-MD: the PHQ primary care study. *JAMA.* 1999;282(18):1737-1744

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