I. Mental Health Assessment: BPRS Screening Tool

Screening Type: Initial screening and Post intervention

Score: 0 = not assessed, 1 = not present, 2 = very mild, 3 = mild, 4 = moderate, 5 = moderately severe, 6 = severe, 7 = extremely severe (<=2 - Normal, =3 Counselling Intervention, >=4 need to be referred)

1. **SOMATIC CONCERN**: Do you experience physical pain for no apparent reason or do you think that you are suffering from some illness like cancer, HIV, TB etc.
2. **ANXIETY**: Are you feeling overwhelmed with anxiety, fear, nervousness, and restlessness? Do you feel difficulty in breathing, sweating, and hesitation in speaking or are too worried about the future?
3. **EMOTIONAL WITHDRAWAL**: Do you feel more sad, irritable or gloomy?
4. **CONCEPTUAL DISORGANIZATION**: Do you know where you are / what time it is today / is it night or day now / what is the date today / who you are?
5. **GUILT FEELINGS**: Do you feel worried about the past and what happened in the past?
6. **TENSION**: Do you often feel very angry or anxious?
7. **MANNERISMS & POSTURING**: Have you been standing, sitting or sleeping in one place for a long time (mark by looking at the patient's gestures)?
8. **DEPRESSION**: Do you have thoughts like sadness, depression, insomnia, suicide??
9. **HOSTILITY**: Do you think of treating someone very harshly (hitting, hitting, harming, killing), etc.?
10. **SUSPICIOUSNESS**: Do you suspect someone is trying to harm you, talk about you or kill you?
11. **HALLUCINATORY BEHAVIOR**: Do you hear a sound that is not there (God, ghost, a noble person) or something that is seen is not there (animal, snake, god, and ghost) or you smell something that is not there such as a fragrance or odor, etc.?
12. **MOTOR RETARDATION**: Have you become more energetic or don't feel like moving around like before?
13. **UNCOOPERATIVENESS**: Is the patient not answering your questions, is completely silent, look at them and give marks (by looking at the patient's gestures)?
14. **UNUSUAL THOUGHT**: Is the patient doing strange things or behaviours that are far from reality? Such as - (patient sway/behave like a snake or a lizard)
15. **BLUNTED AFFECT**: Does looking at the patient make it seem that he has flat face/no or zero expression like neither happy, nor sad, nor irritated / absolutely no value?
16. **GRANDIOSITY**: Does the patient talk too much/superior talks, beyond his capacity?
## II. Mental Health Assessment: PHQ-2 Screening Tool

### Physical Health Questionnaire PHQ-2

<table>
<thead>
<tr>
<th>Over the last 2 weeks, how often have you been bothered by the following problems?</th>
<th>Not at all</th>
<th>Less than half the days</th>
<th>More than half the days</th>
<th>Nearly everyday</th>
</tr>
</thead>
<tbody>
<tr>
<td>1 Little interest or pleasure in doing things</td>
<td>0</td>
<td>+1</td>
<td>+2</td>
<td>+3</td>
</tr>
<tr>
<td>2 Feeling down, depressed or hopeless</td>
<td>0</td>
<td>+1</td>
<td>+2</td>
<td>+3</td>
</tr>
</tbody>
</table>

**Patient eligibility for intervention (PHQ-2):**

- **Criteria for enrollment into the Mental Health Counseling Intervention:** Sum score = 3 across both questions.
- **Criteria for referral to a mental health professional for further evaluation, psychiatric care, or hospitalization:** Sum score > 3 across both questions

## III. Mental Health Assessment: PHQ-4 Screening Tool

### Patient Health Questionnaire PHQ-4

<table>
<thead>
<tr>
<th>Over the last 2 weeks, how often have you been bothered by the following problems?</th>
<th>Not at all</th>
<th>Several days</th>
<th>More than half the days</th>
<th>Nearly everyday</th>
</tr>
</thead>
<tbody>
<tr>
<td>1 Feeling nervous, anxious or on edge</td>
<td>0</td>
<td>1</td>
<td>2</td>
<td>3</td>
</tr>
<tr>
<td>2 Not being able to control or stop worrying</td>
<td>0</td>
<td>1</td>
<td>2</td>
<td>3</td>
</tr>
<tr>
<td>3 Little interest or pleasure in doing things</td>
<td>0</td>
<td>1</td>
<td>2</td>
<td>3</td>
</tr>
<tr>
<td>4 Feeling down, depressed or hopeless</td>
<td>0</td>
<td>1</td>
<td>2</td>
<td>3</td>
</tr>
</tbody>
</table>

**Patient eligibility for intervention (PHQ-4):**

**Sum of all the scores**

- **Normal:** 0-2; **Mild:** 3-5; **Moderate:** 6-8; **Severe:** 9-12

- **Criteria for enrollment into the Mental Health Counseling Intervention:** Mild: 3-5
- **Criteria for referral to a mental health professional for further evaluation, psychiatric care, or hospitalization:** Moderate/Severe 6-12