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PHQ2 and Mental Health

HOW WE MAKE DECISIONS

SYSTEM 1

Intuition & instinct

95%

Unconscious
Fast
Associative
Automatic pilot

SYSTEM 2

Rational thinking

5%

Takes effort
Slow
Logical
Lazy
Indecisive

Source: Daniel Kahneman



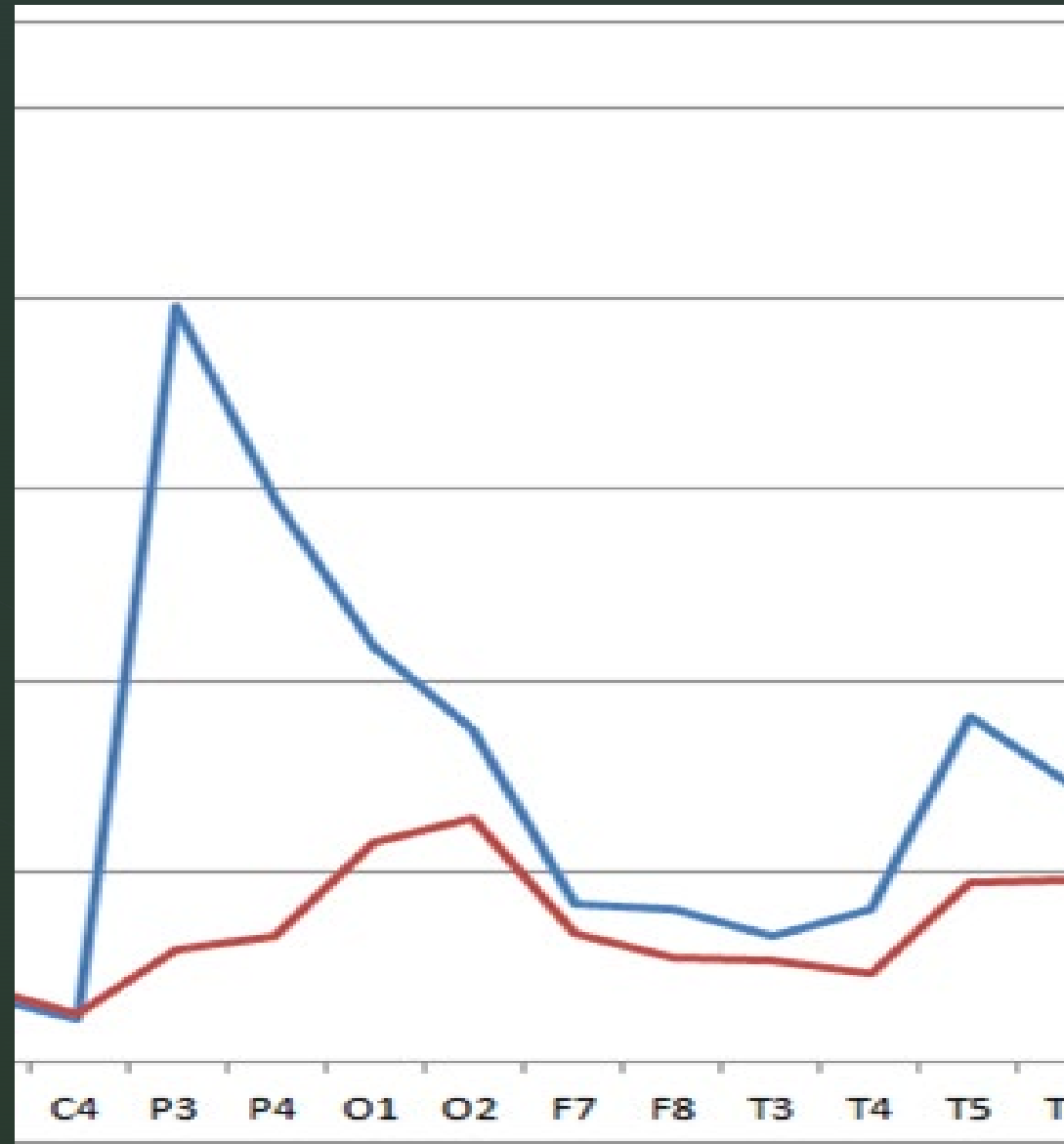
They saw "something"
on her mammogram.



ALPHA (a2) Brainwave Activity

BLUE= 'NORMAL'

RED= "DEPRESSED".



PHQ2

OVER THE LAST 2 WEEKS, HOW OFTEN HAVE YOU STRUGGLED WITH:

1. Little interest or pleasure in doing things

- 0=Not at all;
- 1=Several days;
- 2=More than half the days;
- 3=Nearly every day

2. Feeling down, depressed, or hopeless

- 0=Not at all;
- 1=Several days;
- 2=More than half the days;
- 3=Nearly every day



WHAT ARE THE BARRIERS TO USING THE PHQ2?
DISCUSS with in pairs for 1 min.
Feedback.



ONLINE SUPPORTS AND eTHERAPY

- Just a Thought (CBT)
- The Lowdown (youth)
- Smiling Mind (all ages mindfulness)
- Depression.org
- Beating the Blues (CBT)
- Melon
- Mental Health Foundation
- Mentemia