



OSMI

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Name _____
Height _____ Weight _____
Age _____ Male / Female _____

STOP-BANG Sleep Apnea Questionnaire

Chung F et al. Anesthesiology 2008 and BJA 2012

STOP			
Do you SNORE loudly (louder than talking or loud enough to be heard through closed doors)?	Yes	No	
Do you often feel TIRED , fatigued, or sleepy during daytime?	Yes	No	
Has anyone OBSERVED you stop breathing during your sleep?	Yes	No	
Do you have or are you being treated for high blood PRESSURE ?	Yes	No	

BANG			
BMI more than 35kg/m ² ?	Yes	No	
AGE over 50 years old?	Yes	No	
NECK circumference > 16 inches (40cm)?	Yes	No	
GENDER : Male?	Yes	No	

TOTAL SCORE			

High risk of OSA: Yes 5 - 8

Intermediate risk of OSA: Yes 3 - 4

Low risk of OSA: Yes 0 - 2

Interpreting PHQ-9 Scores

Diagnosis	Total Score	For Score	Action
Minimal depression	0-4	≤ 4	The score suggests the patient may not need depression treatment
Mild depression	5-9	5 - 14	Physician uses clinical judgment about treatment, based on patient's duration of symptoms and functional impairment
Moderate depression	10-14		
Moderately severe depression	15-19	> 14	Warrants treatment for depression, using antidepressant, psychotherapy and/or a combination of treatment.
Severe depression	20-27		

Table 4. PHQ-9 Scores and Proposed Treatment Actions *

PHQ-9 Score	Depression Severity	Proposed Treatment Actions
0 - 4	None-minimal	None
5 - 9	Mild	Watchful waiting; repeat PHQ-9 at follow-up
10 - 14	Moderate	Treatment plan, considering counseling, follow-up and/or pharmacotherapy
15 - 19	Moderately Severe	Active treatment with pharmacotherapy and/or psychotherapy
20 - 27	Severe	Immediate initiation of pharmacotherapy and, if severe impairment or poor response to therapy, expedited referral to a mental health specialist for psychotherapy and/or collaborative management

* From Kroenke K, Spitzer RL, Psychiatric Annals 2002;32:509-521